



825067 - Mexicali Corn

Source: K12 Culinary
 Number of Portions: 55
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:

Vegetable, Starchy

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	10 lbs	Thaw required amount of corn overnight in the refrigerator. Place 5 lb (approximately 1 gallon) of corn in each 2 inch full size perforated pan. Place in steamer, uncovered, and steam for approximately 3-5 minutes (add additional time if corn is still frozen). Transfer steamed corn to two (2 inch deep) full size solid pans. Note: Refer to the video for steaming frozen vegetables for additional information if needed. CCP: Heat to 135° F or higher.
825024R Seasoning Blend, Mexican..... 826505 Margarine, TransFat Free, Ventura 16936..... 011943 PIMENTO,CANNED.....	2 Tbsp 2 ozs 1/4 cup	Prepare school made Mexican Seasoning according to recipe # 825024. Weigh 2 oz of margarine and melt. Pour 1 oz (2 TBSP) melted margarine and 1 TBSP school made Mexican Seasoning Blend over each pan of corn. Add 2 TBSP diced pimentos to each pan. Toss gently to coat the corn kernels evenly coated with seasoning and to disperse pimentos. Cover and hold until service. Serve ½ cup portions using a no. 8 disher or a 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	75 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	3.41 mg	16.89%	Calories from Total Fat
Total Fat	1.40 g	Sodium	12 mg	Protein	2.15 g	Iron	0.49 mg	5.48%	Calories from Saturated Fat
Saturated Fat	0.46 g	Carbohydrates	16.10 g	Vitamin A	275.1 IU	Water ¹	*0.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.09 g	Vitamin C	3.7 mg	Ash ¹	*0.03* g	86.12%	Calories from Carbohydrates

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.