

# NutriStudents K-12

## Recipe Sizing Report

900012 - NS Salad Corn Errific 1/2C : NutriStudents	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 64 Size of Portion: 1/2 CUPS Alternate Recipe Name: Corn Errific Salad	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
000357R NS Corn Asstd FRZ or CAN..... 904088 Corn Canned Commodity 100313 USDA 15-16.... 903203 Corn Commodity Frozen 100348 USDA 15-16..... 904056 Corn Canned Lakeside 185090 15-16..... ----- 903298 SPICE - Cilantro Fresh 16-17..... 904310 SPICE - Garlic Granulated 16-17..... 904311 SPICE - Pepper Black 16-17..... 902970 SPICE Parsley Dried 15-16..... 904316 SPICE - Salt Kosher 16-17..... 904317 Oil Soybean Low Sat Fat 1Gal 10044 USDA.....	8 qts 2 qts + 3 cups 2 qts + 3 cups 2 qts + 3 cups ----- 2/3 cup 1 Tbsp + 1 tsp 1 TBSP (ground) 1 Tbsp + 1 tsp 1 Tbsp 1/2 cup	*this recipe can be served hot or cold*  NO COOK: HACCP PROCESS #1  1. Open and drain the canned corn.  2. Add the canned corn, oil and all the seasonings to a 4 inch deep full hotel pan or mixing bowl and mix well.  *please use the HACCP process #1 no cook*  3. Serve each student a 1/2 cup of corn errific salad.  *each serving in this recipe counts as 1/2 of a cup vegetable equivalent -- starchy subtype*  CCP: Hold for cold service at 41° F or lower.  CCP: Refrigerate until served.
		CCP: Heat to 145° F or higher for at least 15 Seconds

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		<p>SAME DAY SERVICE: HACCP PROCESS #2</p> <p>1. Open and drain the canned corn.</p> <p>2. Add the canned corn, oil and all the seasonings to a 4 inch deep full hotel pan or mixing bowl and mix well. Wrap the pan with plastic wrap and tinfoil.</p> <p>*keep cooled below 41° until ready to cook*</p> <p>3. Set the oven to 325°, cook for 30 mins and temp. Heat until the internal temp of the corn reaches 145°</p> <p>*please use the HACCP process #2 same day service*</p> <p>4. Serve each student a 1/2 cup of corn errific salad.</p> <p>*each serving in this recipe counts as 1/2 of a cup vegetable equivalent -- starchy subtype*</p> <p>CCP: Hold at 135° F or higher.</p>
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\*Nutrients are based upon 1 Portion Size (1/2 CUPS)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*4.1* g	Calcium	*7.59* mg	28.95%	Calories from Total Fat
Total Fat	2.74 g	Sodium	96 mg	Protein	*2.09* g	Iron	*0.13* mg	2.81%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	15.25 g	Vitamin A	*21.3* IU	Water <sup>1</sup>	*0.23* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.07 g	Vitamin C	*1.4* mg	Ash <sup>1</sup>	*0.01* g	71.72%	Calories from Carbohydrates
								*9.81%*	Calories from Protein

\*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.