

Cooking for Kids

Recipe Sizing Report

000183 - Roasted Corn :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 902991 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 799986 SALT, KOSHER..... 002036 ROSEMARY,DRIED.....	3 gals + 2 cups 1/2 cup 1/2 cup 2 Tbsp 1/2 cup	1. In a large bowl combine corn, oil, minced garlic, salt, and rosemary. Mix together. 2. Pour onto sheet tray with parchment. Roast in 350° F oven for 15 minutes. Hold hot for service.

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

Calories	78 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	6.92 mg	19.56%	Calories from Total Fat
Total Fat	1.69 g	Sodium	95 mg	Protein	2.15 g	Iron	0.49 mg	3.13%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	16.24 g	Vitamin A	172.1 IU	Water ¹	*0.43* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.14 g	Vitamin C	3.3 mg	Ash ¹	*0.03* g	83.68%	Calories from Carbohydrates
								11.07%	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

¹ - denotes optional nutrient values

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