

# Cooking for Kids

## Recipe Sizing Report

000352 - Roasted Corn CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 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.....	6 1/4 cups 1 Tbsp 1 Tbsp 3/4 tsp 1 Tbsp	1. In a large bowl combine corn, oil, minced garlic, salt, and rosemary. Mix together until corn is fully coated.  2. Pour onto baking sheet with parchment. Roast in 350° F oven for 15 minutes. Hold hot for service.

\*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	39 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	3.46 mg	19.56%	Calories from Total Fat
Total Fat	0.84 g	Sodium	47 mg	Protein	1.07 g	Iron	0.24 mg	3.13%	Calories from Saturated Fat
Saturated Fat	0.14 g	Carbohydrates	8.12 g	Vitamin A	86.0 IU	Water <sup>1</sup>	*0.21* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.07 g	Vitamin C	1.6 mg	Ash <sup>1</sup>	*0.01* 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

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

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