



100348 - Corn, No Salt Added, Frozen

Category: Vegetables

Subgroup: Starchy

**Product Description**

- This item is U.S. Grade B or better whole kernel yellow corn with no added salt. It is delivered frozen in a 30 pound case.

Crediting/Yield

- One case yields 165 ½ -cup servings of cooked corn.
- CN Crediting: ½ cup cooked corn credits as ½ cup Starchy Vegetable.

Culinary Tips and Recipes

- Corn can be added to many foods such as soups, chili, casseroles, burritos, or salads. It can also be roasted with spices to make a flavorful side dish.
- Make a colorful salad using black beans, corn, and peppers for a healthy vegetarian entrée or side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis**Nutrition Facts**

Serving size: 1/2 cup corn (82g) yellow, cooked, drained, without salt

Amount Per Serving**Calories** 67**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg**Sodium** 1mg**Total Carbohydrate** 16g

Dietary Fiber 2g

Sugars 3g

Protein 2gSource: [USDA FoodData Central](#)**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.