

## Product Information for 120490 CORN FZ 30# COMM

Manufacturer:USDA COMMODITIES			
<b>Pack</b>	1/CASE	<b>Manufacturer #</b>	100348
<b>Portion Size</b>	OZ	<b>Net Weight</b>	30
<b>Portion/Case</b>	480	<b>UPC Code 1</b>	10681241054785
<b>Kosher</b>	No		
<b>Price</b>	2.95		

### Quantity Invoiced Over Last 6 Weeks

10/23/2011	10/30/2011	11/6/2011	11/13/2011	11/20/2011	11/27/2011
1	0	0	2	0	0

### Other Information

Other Information	
<b>Item Yield</b>	CASE= 1=30# COMMODITY FROZEN CORN.
<b>Basic Preparation</b>	<p>CORN CAN BE COOKED WITHOUT THAWING. STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CORN TO BOILING WATER. OPTIONAL: ADD 1TSP SALT OR OTHER SEASONING TO EACH 100 SERVINGS OF VEGETABLES. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 5 TO 10 MINUTES. DRAIN. STEAMER: PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED AT 5LB PRESSURE FOR 9 TO 10 MINUTES. DRAIN. OPTIONAL: SPRINKLE AND STIR 1TSP SALT OR OTHER SEASONING OVER EACH 100 SERVINGS OF VEGETABLES. DO NOT BOIL. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP. CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET. CORN WILL BECOME OVERCOOKED IF HELD TOO LONG; SCHEDULE COOKING OF FROZEN CORN SO IT WILL BE SERVED SOON AFTER COOKING. BATCH COOK VEGETABLES JUST BEFORE SERVING TO IMPROVE QUALITY.</p>
<b>Merchandising Idea</b>	<p>U.S. GRADE B OR BETTER CORN, GOLDEN (OR YELLOW), WHOLE-KERNEL. CORN, YELLOW, BOILED, DRAINED, SERVE WHOLE KERNEL CORN COOKED AS A VEGETABLE OR USE IN A VARIETY OF MIXED VEGETABLE DISHES, MAIN ENTREES, SOUPS, OR SALADS. THAW CORN FOR USE IN MARINATED VEGETABLES OR PASTA SALADS. COMBINE CORN WITH LIMA BEANS TO MAKE SUCCOTASH. CORN ADDS COLOR TO ANY DISH, SUCH AS MEATLOAF OR MIXED IN CASSEROLES WITH OTHER GREEN VEGETABLES. ADD CORN TO MIXED VEGETABLE AND PASTA SALADS. SEASON WITH ONION, CHOPPED PIMENTO, OR MARINATE WITH SALAD DRESSING.</p>

Placeholder-  
Future Image

## Nutritional Information for CORN FZ 30# COMM

<b>Product Number:</b>	<b>120490</b>
<b>Description:</b>	<b>EP Corn, Whl Kernel, Comm, A130</b>

Nutritional Information			
Serving Size .25 cup (41 g)			
<b>Amount Per Serving</b>			
<b>Calories 33</b>		<b>Calories from Fat 2</b>	
% Daily Value			
<b>Total Fat</b>	<b>0 g</b>	<b>0%</b>	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>0 mg</b>	<b>0%</b>	
<b>Potassium</b>	<b>96 mg</b>	<b>3%</b>	
<b>Total Carbs</b>	<b>8 g</b>	<b>3%</b>	
Dietary Fiber	1 g	4%	
Sugars	1 g	n/a	
<b>Protein</b>	<b>1 g</b>	<b>2%</b>	
Vitamin A -	2%	Vitamin C -	2%
Calcium -	0%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>1/4 cup</b>		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.25 cup	Vitamin E	n/a
Grain/Bread	0.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	82 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	11 mg
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	1 mg
Vitamin C	1 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

**Ingredients:**

The nutrition information provided here reflects the current information provided to GFS by the USDA Commodity Fact Sheets as of November 2010. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

For more information please visit: [www.fns.usda.gov/fdd/schfacts/default.htm](http://www.fns.usda.gov/fdd/schfacts/default.htm) Reference USDA code:

A130