

USDA Foods Product Information Sheet

For Child Nutrition Programs



100348— Corn, Whole Kernel, No Salt Added, Frozen

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This item is U.S. Grade B whole kernel corn with no added salt. It is available in a 30 pound bulk 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, salads, or roasted with spices for a flavorful side dish.
- Prepare canned corn in a colorful salad with black beans and peppers for a healthy entrée or side dish.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup corn (83g) 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 2g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.