

A110 - CORN, CANNED, WHOLE KERNEL (LIQUID PACK), #10



Nutrition Information

Corn, Whole-Kernel (Liquid pack)

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better whole-kernel corn, with water. Sugar and salt may be added.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz corn and liquid. One #10 can AP yields about 66.0 oz (9⁷/₈ cups) heated, drained corn and provides about 39.6 1/4-cup servings heated, drained corn OR about 73.3 oz (10²/₃ cups) unheated, drained corn and provides about 40.7 1/4-cup servings unheated, drained vegetable. CN Crediting: 1/4 cup heated, drained corn OR 1/4 cup unheated, drained corn provides 1/4 cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened canned corn in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of corn covered and labeled in a nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener.

	1/4 cup (41 g)	1/2 cup (82 g)
Calories	33	66
Protein	1.07 g	2.15 g
Carbohydrate	7.62 g	15.24 g
Dietary Fiber	0.8 g	1.6 g
Sugars	1.44 g	2.87 g
Total Fat	0.41 g	0.82 g
Saturated Fat	0.06 g	0.13 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.35 mg	0.71 mg
Calcium	2 mg	4 mg
Sodium	88 mg	175 mg
Magnesium	8 mg	16 mg
Potassium	80 mg	160 mg
Vitamin A	33 IU	66 IU
Vitamin A	2 RAE	3 RAE
Vitamin C	3.5 mg	7.0 mg
Vitamin E	0.02 mg	0.03 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</p>	<ul style="list-style-type: none"> • STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid from the canned corn. Pour corn and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil. • STEAMER: Pour corn and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. • Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steamtable or holding cabinet.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Serve canned corn heated or use in soups, stews, chowders, stuffing, relishes, fritters, and main dishes. • Combine corn with lima beans to make succotash. Add flavor to canned corn with seasonings such as celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper. Add variety to corn by mixing with one or more vegetables such as lima beans, tomatoes, green peppers, or onions. Well-drained corn may be added to cornbread batter.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.