

A130 - CORN, FROZEN, WHOLE KERNEL, 30 LB



CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better corn, golden (or yellow), whole-kernel.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 83¼ cups ready-to-serve, raw, tempered (unheated) corn and provides about 333.0 ¼-cup servings ready-to-serve, raw, tempered corn OR 330.0 ¼-cup servings cooked vegetable. One lb AP yields 0.99 lb (about 2¾ cups) ready-to-serve, raw, tempered (unheated) corn and provides about 11.1 ¼-cup servings ready-to-serve, raw, tempered corn OR about 11.0 ¼-cup servings cooked vegetable. CN Crediting: ¼ cup cooked corn OR ¼ cup tempered corn provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen corn at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration. Store opened thawed corn covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Corn, yellow, boiled, drained, without salt

	¼ cup (41 g)	½ cup (82 g)
Calories	33	66
Protein	1.05 g	2.09 g
Carbohydrate	7.91 g	15.83 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.26 g	2.52 g
Total Fat	0.27 g	0.55 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.39 mg
Calcium	1 mg	2 mg
Sodium	0 mg	1 mg
Magnesium	11 mg	23 mg
Potassium	96 mg	191 mg
Vitamin A	82 IU	163 IU
Vitamin A	4 RAE	8 RAE
Vitamin C	1.4 mg	2.9 mg
Vitamin E	0.03 mg	0.06 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • Corn can be cooked without thawing. • STOCK POT OR STEAM-JACKETED KETTLE: Add frozen corn to boiling water. Optional: add 1 tsp 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 5 lb pressure for 9 to 10 minutes. Drain. Optional: sprinkle and stir 1 tsp 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>USES AND TIPS</p>	<ul style="list-style-type: none"> • 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>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135°F for 15 seconds. • Do not refreeze corn.
<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.