



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-23-12)

Visit us at www.fns.usda.gov/fdd

100349 - CORN, FROZEN, ON THE COB (COBBETTE), 30 LB/96 COUNT

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables: Subgroup - Starchy
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A or U.S. Fancy, frozen corn on the cob, golden or yellow, short (less than 3½") trimmed.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. 96 ears per case. One lb AP yields 0.53 lb (about 1 cup) edible portion cooked corn and provides about 4.25 ¼-cup servings (1 cobbette) cooked corn. CN Crediting: 1 corn cobbette 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. Corn cobbettes can be successfully stored at 0 °F for up to 8 months. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Corn on cob, yellow, cooked, without salt

	¼ cup (41 g)	½ cup (82 g)
Calories	40	80
Protein	1.34 g	2.68 g
Carbohydrate	9.64 g	19.28 g
Dietary Fiber	1.1 g	2.2 g
Sugars	1.55 g	3.1 g
Total Fat	0.30 g	0.60 g
Saturated Fat	0.05 g	0.10 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.28 mg	0.50 mg
Calcium	1 mg	2 mg
Sodium	2 mg	4 mg
Magnesium	13 mg	26 mg
Potassium	121 mg	242 mg
Vitamin A	100 IU	200 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	3 mg	6 mg
Vitamin E	0.04 mg	0.08 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Corn can be cooked without thawing. • Place frozen cobbettes in enough water to cover. Bring to a boil. Reduce heat and simmer, 15 to 20 minutes. DO NOT OVERCOOK. Drain and serve immediately. If holding on a steamtable for serving, immerse in hot water to prevent wrinkling and drying of kernels. • Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steamtable 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.
USES AND TIPS	<ul style="list-style-type: none"> • Serve as a vegetable, steamed or boiled.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Do not refreeze corn.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please see our policy memo at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSEF_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.