

# Mexican Street Corn Salad

## General Information

ACTIVE

Recipe # 354362	Category Starchy Vegetables 🌽	Source Local
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## Ingredients

Name	Quantity	Quantity 2
Corn, sweet, white, frozen, kernels cut off cob, unprepared	1 qt.	
Oil, olive, salad or cooking	2 tbsp.	
Mayonnaise, reduced-calorie or diet, cholesterol-free	3 tbsp.	
Cheese, parmesan, grated	3 oz.	
Lime juice, raw	2 tbsp.	
Coriander (cilantro) leaves, raw	1/3 c.	
Onions, raw	2 tbsp. chopped	
Garlic, raw	2 cloves	
Spices, chili powder	1/2 tsp.	
Salt, table	1/8 tsp.	
Spices, pepper, black	1/8 tsp. ground	



### Mexican Street Corn Salad

Serving Size	Yield
1/2 cup	8.00

## Nutrition Facts

Serving Size 1/2 cup (110 gm)

Amount Per Serving	
Calories	169.099
% Daily Value*	
<b>Total Fat</b> 8.831 gm	<b>13.586</b> %
<b>Saturated Fat</b> 2.512 gm	<b>12.558</b> %
<b>Trans Fat</b> 0.093* gm	
<b>Cholesterol</b> 9.143 mg	<b>3.048</b> %
<b>Sodium</b> 276.249 mg	<b>11.51</b> %
<b>Total Carbohydrate</b> 19.879 gm	<b>6.626</b> %
<b>Dietary Fiber</b> 2.552 gm	<b>10.209</b> %
<b>Total Sugars</b> 7.932 gm	
<b>Includes N/A* of Added Sugars</b>	
<b>Protein</b> 5.694 gm	<b>11.388</b> %
Vitamin A 203.243 iu	<b>4.065</b> %
Vitamin C 6.932 mg	<b>11.553</b> %
Vitamin D 0.053 mcg	<b>0.266</b> %
Calcium 97.664 mg	<b>9.766</b> %
Iron 0.475 mg	<b>2.641</b> %
Potassium 216.893 mg	<b>4.615</b> %
Saturated Fat % of Calories	<b>13.367</b> %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

### Meal Components

Component	Measurement
Starchy	0.500 cups

## Preparation Instructions

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen corn from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Heat oil over medium heat. Add frozen corn and let cook until corn starts to char, stirring occasionally, approximate 7-8 minutes.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

Mix remaining ingredients together. When corn is done, fold in with other ingredients.

Serve immediately

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Record time and internal temperature of completed recipe on daily log.

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