



## USDA Foods in Schools

### 100313 - Corn, No Salt Added, Canned

Category: **Vegetables**

Subgroup: **Starchy**



#### Product Description

- This product is U.S. Grade B whole kernel corn that is canned with no added salt. This item is available in cases containing six #10 cans.

#### Crediting/Yield

- One case yields about 119 ½ -cup servings of heated, drained corn.
- CN Crediting: ½ cup heated, drained 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.
- Make a colorful salad using black beans, corn, and peppers for a healthy entrée or side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

### Nutrition Facts

Serving size: 1/2 cup (125g) corn, canned, no salt added

#### Amount Per Serving

**Calories** 80

**Total Fat** 2g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 15mg

**Total Carbohydrate** 17g

Dietary Fiber 2g

Sugars 7g

**Protein** 2g

Source: USDA Foods Vendor Labels

**Allergen Information:** Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database 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.