

**CORN, WHOLE KERNEL (FROZEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
108 cal	26 g	4 g	1 g	0 mg	75 mg	6 mg

**Ingredient**

WATER  
 SALT  
 CORN,FROZEN,WHOLE KERNEL

**Weight**

12-1/2 lbs  
 5/8 oz  
 27 lbs

**Measure**

1 gal 2 qts  
 1 tbsp  
 4 gal 2-2/3 qts

**Issue**

**Method**

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add corn; stir well. Return to a boil; cover.
- 4 Reduce heat; cook corn 4 to 6 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place corn in serving pans. CCP: Hold for service at 140 F. or higher.