Corn, Scalloped
Hesston College

Author
Categories Side dish, Vegetable
Tools Pan ST 2 1/2", Spoon solid
Locations
Plate/Store

Yield 1 pan Cook 30-40 minutes
Portion 4 oz Num Portions 20

Nutrition Facts
Serving Size 4 oz (113g)
Servings Per Container 20

Amount Per Serving
Calories 294 Calories From Fat 168
% Daily Value
Total Fat 19g 28%
Saturated Fat 7g 30%
Trans Fat 0g
Cholesterol 16mg 5%
Sodium 463mg 19%
Total Carbohydrates 36g 12%
Dietary Fiber 2g 8%
Protein 6g

Vitamin A 15% Vitamin C 9%
Calcium 9% Iron 6%

Nutrition Descriptors
Low Cholesterol
Good Source of Vitamin A
Good Source of Carbohydrates
Good Source of Protein

* Percent Daily Values are based on a 2000 calorie diet.