

Sweetcorn

Allergens – N/A

Ingredients

Quantity	Ingredient
1kg	Sweetcorn (Primary)



Method

1. Cook as per manufactures instruction.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 101	= 1.8	0.2	= 2.0	= 0.00	= 17.

Portion size - Primary - 50g

Reviewed April 2018