

# Sweetcorn - Cobettes

Allergens – N/A

## Ingredients

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Quantity	Ingredient
1 kg	Sweetcorn Cobettes (Code 34069)



## Method

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1. Cook as per manufacturer's instruction.

### Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 29.	= .5	0.05	= 1.2	= .0	= 9.9

**Portion size** - Primary - 50g