



Jim Bauman
Lackmann Culinary
Services
Executive Chef
Pall Corp

CHEF PROFILE SERIES

THANKSGIVING CELEBRATION

Side

Hopi Corn Stew

Nutritional Facts

Serving Size: 1 Serving

Calories 290

Total Fat 14g

Saturated Fat 0g

Sodium 910mg

Total Carbohydrates 27g

Dietary Fiber 2g

Sugars 8g

Protein 15g

