



Low fat
Saturated fat-free
Very low sodium
Cholesterol-free
Good source of Vitamin C

Sweet Corn

NUTRITION FACTS		% daily value*	
Serving Size: kernels of 1 medium ear (90g)	Total Fat 2.5g	4%	Vitamin A 2%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C 10%
Calories 90	Cholesterol 0mg	0%	Calcium 0%
Calories from Fat 20	Sodium 0mg	0%	Iron 2%
	Total Carbohydrate 18g	6%	
	Dietary Fiber 2g	8%	
	Sugars 5g		
	Protein 4g		

* Percent Daily Values are based on a 2,000 calorie diet.

Source: Nutrition & Produce Labeling Guide

