



Fresh Corn

Ingredients:

Corn

Nutrition Facts

Serving Size 90 g

Amount Per Serving

Calories 77 Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 10%

Sugars 3g

Protein 3g

Vitamin A 3% • Vitamin C 10%

Calcium 0% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com



Creamy Corn

Ingredients:

Corn, water, sugar, modified cornstarch, salt

Nutrition Facts

about 3.5 servings per container

Serving size 1/2 cup (125g)

Amount per serving
Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 4g Added Sugars 8%

Protein 1g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potassium 80mg 0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.