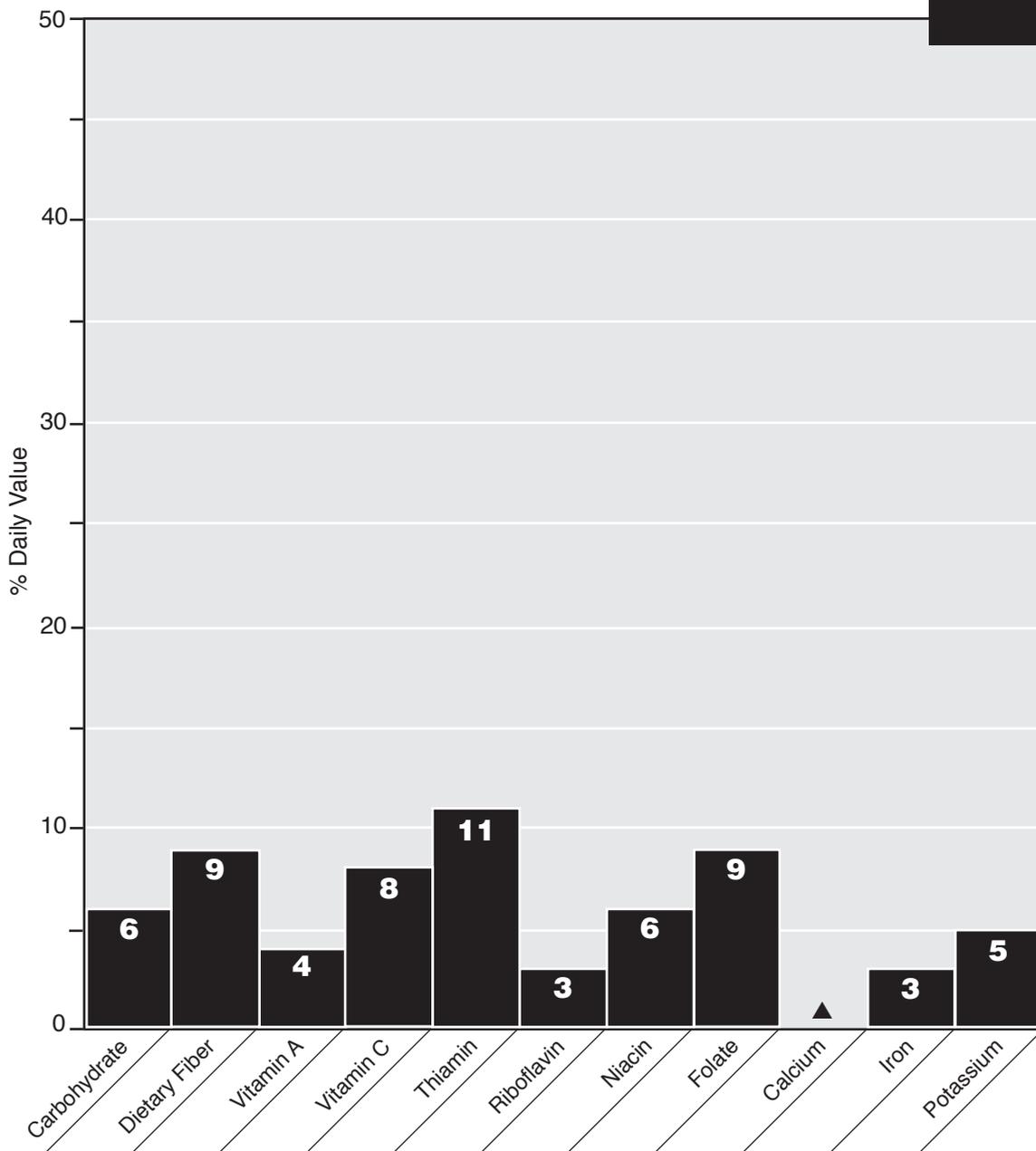


Corn

Poaceae *Zea mays*

(analysis based on husked, boiled, drained yellow sweet corn)

Pictured: yellow sweet corn



Serving Size

- 1 Medium Ear
- 77 Grams
- 83 Calories
 - 10% from fat
 - 8% from protein
 - 83% from carbohydrate
- 3 Grams Protein
- 19 Grams Carbohydrate
 - 2 grams dietary fiber
- 1 Gram Fat
- 54 Grams Water
- 13 Milligrams Sodium

Each corn kernel is one seeded fruit.

▲ Trace

