

Corn

Nutrition Facts

Serving Size: ½ cup yellow corn (82g)

Calories 89

Calories from Fat 9

% Daily Value

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 2g 9%

Sugars 3g

Protein 3g

Vitamin A 4% Calcium 0%

Vitamin C 9% Iron 2%

Other nutrients: Niacin (7%), Thiamin (5%),
Magnesium (5%), Potassium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
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