



Nutritional Fact Sheet

Corn, Sweet Golden

Ingredients: Dehydrated Corn, Whole Kernel.

Description & Directions: Fresh, mature, corn is husked, stripped, blanched, and dried to specifications. Rehydrate in boiling water for 10-15 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:10.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	365	102.2
Total Fat	4.74g	1.3272g
Saturated Fat	0.67g	0.1876g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	35mg	9.8mg
Total Carbohydrates	74.3g	20.804g
Dietary Fiber	13.3g	3.724g
Sugars	0.3g	0.084g
Protein	9.42g	2.6376g
Vitamin A (IU)	2080	582.4
Thaimin-B1	0.39mg	0.1092mg
Riboflavin	0.2mg	0.056mg
Niacin	3.63mg	1.0164mg
Vitamin B-6	0.62mg	0.1736mg
Vitamin C	0mg	0mg
Calcium	7mg	1.96mg
Iron	2.71mg	0.7588mg
Phosphorus	210mg	58.8mg
Potassium	287mg	80.36mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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