



Nutritional Fact Sheet

FD Super Sweet Corn

Ingredients: Freeze Dried Super Sweet Corn

Description & Directions: Freeze Dried Super Sweet Corn is ready to eat or use in quick cooking dishes. 1 pound of freeze dried corn replaces 4 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	14g (app. 1/4 cup)
Energy (Calories)	338.62	47.41
Total Fat	4.23g	0.59g
Saturated Fat	0.46g	0.06g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	0mg	0mg
Total Carbohydrates	76.19g	10.67g
Dietary Fiber	12.7g	1.78g
Sugars	21.16g	2.96g
Protein	12.7g	1.78g
Vitamin A (IU)	423.28	59.26
Thiamin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	25.4mg	3.56mg
Calcium	0mg	0mg
Iron	1.52mg	0.21mg
Phosphorus	0mg	0mg
Potassium	1015.87mg	142.22mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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