



## 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 1:3.

**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
Calories	365.00 kcal
Protein	9.42 g
Total Carbohydrate	74.26 g
Sugars	0.64 g
Added Sugars	0.00 g
Dietary Fiber	7.30 g
Total Fat	4.74 g
Saturated Fat	0.67 g
Cholesterol	0.00 mg
Thiamin – B1	0.38 mg
Riboflavin – B2	0.20 mg
Niacin – B3	3.63 mg
Vitamin B6	0.62 mg
Vitamin C	0.00 mg
Vitamin D	0.00 mcg
Calcium	7.00 mg
Iron	2.71 mg
Phosphorus	210.00 mg
Potassium	287.00 mg
Sodium	35.00 mg
Trans Fat	0.00 g