



Nutritional Fact Sheet

Freeze-Dried 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 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	409.48 kcal
Protein	12.60 g
Total Carbohydrate	74.88 g
Sugars	37.24 g
Added Sugars	0.00 g
Dietary Fiber	14.26 g
Total Fat	6.62 g
Saturated Fat	1.19 g
Cholesterol	0.40 mg
Thiamin – B1	0.33 mg
Riboflavin – B2	0.28 mg
Niacin – B3	6.85 mg
Vitamin B6	0.71 mg
Vitamin C	17.43 mg
Vitamin D	0.00 mcg
Calcium	0.14 mg
Iron	1.66 mg
Phosphorus	273.38 mg
Potassium	832.03 mg
Sodium	11.89 mg
Trans Fat	0.00 g