



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	28g (app. 1/4 cup)
Energy (Calories)	365.00	102.20
Total Fat	4.74g	1.33g
Saturated Fat	0.67g	0.19g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	35.00mg	9.80mg
Total Carbohydrates	74.30g	20.80g
Dietary Fiber	13.30g	3.72g
Sugars	0.30g	0.08g
Protein	9.42g	2.64g
Vitamin A (IU)	2080.00	582.40
Thiamin-B1	0.39mg	0.11mg
Riboflavin	0.20mg	0.06mg
Niacin	3.63mg	1.02mg
Vitamin B-6	0.62mg	0.17mg
Vitamin C	0.00mg	0.00mg
Calcium	7.00mg	1.96mg
Iron	2.71mg	0.76mg
Phosphorus	210.00mg	58.80mg
Potassium	287.00mg	80.36mg

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