



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	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	0.00mg	0.00mg
Total Carbohydrates	76.19g	10.67g
Dietary Fiber	12.70g	1.78g
Sugars	21.16g	2.96g
Protein	12.70g	1.78g
Vitamin A (IU)	423.28	59.26
Thiamin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	25.40mg	3.56mg
Calcium	0.00mg	0.00mg
Iron	1.52mg	0.21mg
Phosphorus	0.00mg	0.00mg
Potassium	1015.87mg	142.22mg

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