

Corn

Serving Size

100 g (3.5 oz)

Amount Per Serving

Calories **120**

	% Daily Value *
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 20 mg	1%
Total Carbohydrate 27 g	10%
Dietary Fiber 3 g	10%
Total Sugars 9 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 3 mg	0%
Iron 0.75 mg	4%
Potassium 390 mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: