



Nutrition Panel: Frozen Cut Corn

Nutrition Facts	
Serving Size 1/2 Cup (85g)	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 200mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a diet of 2,500 calories a day. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 30g 35g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g