Nutrition Panel: Frozen Super Sweet Corn

## Nutrition Facts

Serving Size 1/2 Cup (85g)

**Amount Per Serving**

| | |
|---|---|
| **Calories** 70 | Calories from Fat 10 |
| | **% Daily Value*** |
| **Total Fat** 1g | **2%** |
| Saturated Fat 0g | **0%** |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Potassium** 200mg | **6%** |
| **Total Carbohydrate** 13g | **4%** |
| Dietary Fiber 2g | **8%** |
| Sugars 6g | |
| **Protein** 2g | |

| | | | |
|---|---|---|---|
| Vitamin A 0% | • | Vitamin C 0% | |
| Calcium 0% | • | Iron 2% | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| 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 |

Vertical, Full

Wednesday, July 16, 2014