

FROZEN CORN ON THE COB (MINI, 2"-3") - 85 GRAM SERVING

Nutrition Facts

Serving Size 1 Ear (85g)

Servings per container

Amount per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 4%

Sugars 4g

Protein 3g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 0%

*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	