

Full Report (All Nutrients) 11167, Corn, sweet, yellow, raw

Report Date: January 31, 2015 05:04 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44

Refuse: 64% Refuse Description: 35% husk, silk, trimmings; 29% cob

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 ear, large (7-3/4" to 9" long) yields 143g	1 ear, medium (6-3/4" to 7-1/2" long) yields 102g	1 ear, small (5-1/2" to 6-1/2" long) 73g
Proximates								
Water 1	g	76.05	103	0.863	110.27	108.75	77.57	55.52
Energy	kcal	86	--	--	125	123	88	63
Energy	kJ	360	--	--	522	515	367	263
Protein 1	g	3.27	8	0.185	4.74	4.68	3.34	2.39
Total lipid (fat) 1	g	1.35	8	0.118	1.96	1.93	1.38	0.99
Ash 1	g	0.62	47	0.042	0.90	0.89	0.63	0.45
Carbohydrate, by difference	g	18.70	--	--	27.12	26.74	19.07	13.65
Fiber, total dietary 1	g	2.0	2	--	2.9	2.9	2.0	1.5
Sugars, total 1	g	6.26	2	--	9.08	8.95	6.39	4.57
Sucrose 1	g	0.89	2	--	1.29	1.27	0.91	0.65
Glucose (dextrose) 1	g	3.43	2	--	4.97	4.90	3.50	2.50
Fructose 1	g	1.94	2	--	2.81	2.77	1.98	1.42
Lactose 1	g	0.00	2	--	0.00	0.00	0.00	0.00
Maltose 1	g	0.00	2	--	0.00	0.00	0.00	0.00
Galactose 1	g	0.00	2	--	0.00	0.00	0.00	0.00
Starch 1	g	5.70	2	--	8.26	8.15	5.81	4.16
Minerals								
Calcium, Ca 1	mg	2	53	0.983	3	3	2	1
Iron, Fe 1	mg	0.52	93	0.022	0.75	0.74	0.53	0.38
Magnesium, Mg 1	mg	37	89	1.700	54	53	38	27
Phosphorus, P 1	mg	89	79	3.654	129	127	91	65

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 ear, large (7-3/4" long) yields 143g	1 ear, medium (6-3/4" to 7-1/2" long) yields 102g	1 ear, small (5-1/2" to 6-1/2" long) 73g
Potassium, K 1	mg	270	92	5.026	392	386	275	197
Sodium, Na 1	mg	15	92	2.935	22	21	15	11
Zinc, Zn 1	mg	0.46	58	0.040	0.67	0.66	0.47	0.34
Copper, Cu 1	mg	0.054	103	0.005	0.078	0.077	0.055	0.039
Manganese, Mn 1	mg	0.163	92	0.014	0.236	0.233	0.166	0.119
Selenium, Se	µg	0.6	269	0.001	0.9	0.9	0.6	0.4
Vitamins								
Vitamin C, total ascorbic acid	mg	6.8	7	0.568	9.9	9.7	6.9	5.0
Thiamin 1	mg	0.155	2	--	0.225	0.222	0.158	0.113
Riboflavin 1	mg	0.055	2	--	0.080	0.079	0.056	0.040
Niacin 1	mg	1.770	2	--	2.566	2.531	1.805	1.292
Pantothenic acid 1	mg	0.717	7	0.051	1.040	1.025	0.731	0.523
Vitamin B-6 1	mg	0.093	7	0.008	0.135	0.133	0.095	0.068
Folate, total 1	µg	42	7	3.377	61	60	43	31
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	42	7	3.377	61	60	43	31
Folate, DFE	µg	42	--	--	61	60	43	31
Choline, total	mg	23.0	--	--	33.4	32.9	23.5	16.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	9	--	--	13	13	9	7
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	47	--	--	68	67	48	34
Carotene, alpha	µg	16	--	--	23	23	16	12
Cryptoxanthin, beta	µg	115	--	--	167	164	117	84
Vitamin A, IU	IU	187	--	--	271	267	191	137
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	644	--	--	934	921	657	470
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.10	0.10	0.07	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, gamma	mg	0.15	--	--	0.22	0.21	0.15	0.11
Tocopherol, delta	mg	0.00	--	--	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.4	0.4	0.3	0.2
Lipids								
Fatty acids, total saturated	g	0.325	--	--	0.471	0.465	0.331	0.237
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
10:0 1	g	0.003	1	--	0.004	0.004	0.003	0.002
12:0 1	g	0.001	1	--	0.001	0.001	0.001	0.001
14:0 1	g	0.001	1	--	0.001	0.001	0.001	0.001
15:0 1	g	0.001	1	--	0.001	0.001	0.001	0.001
16:0 1	g	0.262	1	--	0.380	0.375	0.267	0.191
17:0 1	g	0.001	1	--	0.001	0.001	0.001	0.001
18:0 1	g	0.045	1	--	0.065	0.064	0.046	0.033
20:0 1	g	0.007	1	--	0.010	0.010	0.007	0.005
24:0 1	g	0.003	1	--	0.004	0.004	0.003	0.002
Fatty acids, total monounsaturated	g	0.432	--	--	0.626	0.618	0.441	0.315
14:1 1	g	0.002	1	--	0.003	0.003	0.002	0.001
15:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
16:1 undifferentiated	g	0.004	--	--	0.006	0.006	0.004	0.003
16:1 c 1	g	0.004	1	--	0.006	0.006	0.004	0.003
16:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.419	--	--	0.608	0.599	0.427	0.306
18:1 c 1	g	0.416	1	--	0.603	0.595	0.424	0.304
18:1 t 1	g	0.003	1	--	0.004	0.004	0.003	0.002
20:1 1	g	0.006	1	--	0.009	0.009	0.006	0.004
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000

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		Value Per100 g						
Fatty acids, total polyunsaturated	g	0.487	--	--	0.706	0.696	0.497	0.356
18:2 undifferentiated	g	0.472	--	--	0.684	0.675	0.481	0.345
18:2 n-6 c,c 1	g	0.468	1	--	0.679	0.669	0.477	0.342
18:2 CLAs 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:2 t not further defined 1	g	0.004	1	--	0.006	0.006	0.004	0.003
18:3 undifferentiated	g	0.014	--	--	0.020	0.020	0.014	0.010
18:3 n-3 c,c,c (ALA) 1	g	0.014	1	--	0.020	0.020	0.014	0.010
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:4 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:3 n-6 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.001	1	--	0.001	0.001	0.001	0.001
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:4 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.007	--	--	0.010	0.010	0.007	0.005
Fatty acids, total trans-monoenoic	g	0.003	--	--	0.004	0.004	0.003	0.002
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Tryptophan	g	0.023	17	--	0.033	0.033	0.023	0.017
Threonine	g	0.129	21	--	0.187	0.184	0.132	0.094
Isoleucine	g	0.129	21	--	0.187	0.184	0.132	0.094
Leucine	g	0.348	21	--	0.505	0.498	0.355	0.254
Lysine	g	0.137	21	--	0.199	0.196	0.140	0.100
Methionine	g	0.067	21	--	0.097	0.096	0.068	0.049
Cystine	g	0.026	3	--	0.038	0.037	0.027	0.019
Phenylalanine	g	0.150	21	--	0.218	0.214	0.153	0.109
Tyrosine	g	0.123	5	--	0.178	0.176	0.125	0.090
Valine	g	0.185	21	--	0.268	0.265	0.189	0.135
Arginine	g	0.131	21	--	0.190	0.187	0.134	0.096
Histidine	g	0.089	21	--	0.129	0.127	0.091	0.065

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		Value Per100 g						
Alanine	g	0.295	5	--	0.428	0.422	0.301	0.215
Aspartic acid	g	0.244	5	--	0.354	0.349	0.249	0.178
Glutamic acid	g	0.636	5	--	0.922	0.909	0.649	0.464
Glycine	g	0.127	5	--	0.184	0.182	0.130	0.093
Proline	g	0.292	5	--	0.423	0.418	0.298	0.213
Serine	g	0.153	5	--	0.222	0.219	0.156	0.112
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Flavan-3-ols								
(+)-Catechin ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
(-)-Epigallocatechin ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
(-)-Epicatechin ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
(+)-Gallocatechin ²	mg	0.0	1	--	0.0	0.0	0.0	0.0
Isoflavones								
Daidzein ^{3 4}	mg	0.0	2	--	0.0	0.0	0.0	0.0
Genistein ^{3 4}	mg	0.0	2	--	0.0	0.0	0.0	0.0
Total isoflavones ^{3 4}	mg	0.0	2	--	0.0	0.0	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12h, 2008 Beltsville MD

²Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

³Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298

⁴Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725

Language Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1380 VEGETABLE CORN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN

- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION