

Basic Report 11168, Corn, sweet, yellow, cooked, boiled, drained, without salt

Report Date: January 29, 2015 05:17 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 ear small (5-1/2" to 6-1/2" long) 89g	1 ear medium (6-3/4" to 7-1/2" long) 103g	1 ear large (7-3/4" to 9" long) 118g	1 cup cut 149g	1 baby ear 8g
Proximates							
Water	g	73.41	65.33	75.61	86.62	109.38	5.87
Energy	kcal	96	85	99	113	143	8
Protein	g	3.41	3.03	3.51	4.02	5.08	0.27
Total lipid (fat)	g	1.50	1.34	1.54	1.77	2.24	0.12
Carbohydrate, by difference	g	20.98	18.67	21.61	24.76	31.26	1.68
Fiber, total dietary	g	2.4	2.1	2.5	2.8	3.6	0.2
Sugars, total	g	4.54	4.04	4.68	5.36	6.76	0.36
Minerals							
Calcium, Ca	mg	3	3	3	4	4	0
Iron, Fe	mg	0.45	0.40	0.46	0.53	0.67	0.04
Magnesium, Mg	mg	26	23	27	31	39	2
Phosphorus, P	mg	77	69	79	91	115	6
Potassium, K	mg	218	194	225	257	325	17
Sodium, Na	mg	1	1	1	1	1	0
Zinc, Zn	mg	0.62	0.55	0.64	0.73	0.92	0.05
Vitamins							
Vitamin C, total ascorbic acid	mg	5.5	4.9	5.7	6.5	8.2	0.4
Thiamin	mg	0.093	0.083	0.096	0.110	0.139	0.007
Riboflavin	mg	0.057	0.051	0.059	0.067	0.085	0.005
Niacin	mg	1.683	1.498	1.733	1.986	2.508	0.135
Vitamin B-6	mg	0.139	0.124	0.143	0.164	0.207	0.011
Folate, DFE	µg	23	20	24	27	34	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	13	12	13	15	19	1
Vitamin A, IU	IU	263	234	271	310	392	21
Vitamin E (alpha-tocopherol)	mg	0.09	0.08	0.09	0.11	0.13	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.4	0.4	0.5	0.6	0.0
Lipids							
Fatty acids, total saturated	g	0.197	0.175	0.203	0.232	0.294	0.016
Fatty acids, total monounsaturated	g	0.374	0.333	0.385	0.441	0.557	0.030
Fatty acids, total polyunsaturated	g	0.603	0.537	0.621	0.712	0.898	0.048
Cholesterol	mg	0	0	0	0	0	0
Other							
Caffeine	mg	0	0	0	0	0	0