

Basic Report 11772, Corn, sweet, yellow, canned, cream style, no salt added

Report Date: January 25, 2015 17:21 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 256g | 1 can (303 x 406) 482g |
|--------------------------------|------|------------------|------------|------------------------|
| Proximates | | | | |
| Water | g | 78.73 | 201.55 | 379.48 |
| Energy | kcal | 72 | 184 | 347 |
| Protein | g | 1.74 | 4.45 | 8.39 |
| Total lipid (fat) | g | 0.42 | 1.08 | 2.02 |
| Carbohydrate, by difference | g | 18.13 | 46.41 | 87.39 |
| Fiber, total dietary | g | 1.2 | 3.1 | 5.8 |
| Sugars, total | g | 3.23 | 8.27 | 15.57 |
| Minerals | | | | |
| Calcium, Ca | mg | 3 | 8 | 14 |
| Iron, Fe | mg | 0.38 | 0.97 | 1.83 |
| Magnesium, Mg | mg | 17 | 44 | 82 |
| Phosphorus, P | mg | 51 | 131 | 246 |
| Potassium, K | mg | 134 | 343 | 646 |
| Sodium, Na | mg | 3 | 8 | 14 |
| Zinc, Zn | mg | 0.53 | 1.36 | 2.55 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 4.6 | 11.8 | 22.2 |
| Thiamin | mg | 0.025 | 0.064 | 0.121 |
| Riboflavin | mg | 0.053 | 0.136 | 0.255 |
| Niacin | mg | 0.960 | 2.458 | 4.627 |
| Vitamin B-6 | mg | 0.063 | 0.161 | 0.304 |
| Folate, DFE | µg | 45 | 115 | 217 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 4 | 10 | 19 |
| Vitamin A, IU | IU | 74 | 189 | 357 |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | 0.18 | 0.34 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 | 0.0 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.065 | 0.166 | 0.313 |
| Fatty acids, total monounsaturated | g | 0.123 | 0.315 | 0.593 |
| Fatty acids, total polyunsaturated | g | 0.198 | 0.507 | 0.954 |
| Cholesterol | mg | 0 | 0 | 0 |