

Basic Report 11902, Corn, sweet, white, cooked, boiled, drained, with salt

Report Date: July 19, 2019 06:49 EDT

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	0.5 cup cut 78.5g	1 ear, yields 77g
Proximates							
Water	g	72.84	64.83	75.03	85.95	57.18	56.09
Energy	kcal	97	86	100	114	76	75
Protein	g	3.34	2.97	3.44	3.94	2.62	2.57
Total lipid (fat)	g	1.41	1.25	1.45	1.66	1.11	1.09
Carbohydrate, by difference	g	21.71	19.32	22.36	25.62	17.04	16.72
Fiber, total dietary	g	2.7	2.4	2.8	3.2	2.1	2.1
Sugars, total	g	7.73	6.88	7.96	9.12	6.07	5.95
Minerals							
Calcium, Ca	mg	2	2	2	2	2	2
Iron, Fe	mg	0.55	0.49	0.57	0.65	0.43	0.42
Magnesium, Mg	mg	31	28	32	37	24	24
Phosphorus, P	mg	92	82	95	109	72	71
Potassium, K	mg	252	224	260	297	198	194
Sodium, Na	mg	253	225	261	299	199	195
Zinc, Zn	mg	0.54	0.48	0.56	0.64	0.42	0.42
Vitamins							
Vitamin C, total ascorbic acid	mg	6.2	5.5	6.4	7.3	4.9	4.8
Thiamin	mg	0.090	0.080	0.093	0.106	0.071	0.069
Riboflavin	mg	0.053	0.047	0.055	0.063	0.042	0.041
Niacin	mg	1.666	1.483	1.716	1.966	1.308	1.283
Vitamin B-6	mg	0.127	0.113	0.131	0.150	0.100	0.098
Folate, DFE	µg	20	18	21	24	16	15
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0
Vitamin A, IU	IU	2	2	2	2	2	2
Vitamin E (alpha-tocopherol)	mg	0.09	0.08	0.09	0.11	0.07	0.07

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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	0.3	0.3
Lipids							
Fatty acids, total saturated	g	0.197	0.175	0.203	0.232	0.155	0.152
Fatty acids, total monounsaturated	g	0.374	0.333	0.385	0.441	0.294	0.288
Fatty acids, total polyunsaturated	g	0.603	0.537	0.621	0.712	0.473	0.464
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0