

Basic Report 11167, Corn, sweet, yellow, raw
Report Date: September 21, 2019 17:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	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	g	76.05	110.27	108.75	77.57	55.52
Energy	kcal	86	125	123	88	63
Protein	g	3.27	4.74	4.68	3.34	2.39
Total lipid (fat)	g	1.35	1.96	1.93	1.38	0.99
Carbohydrate, by difference	g	18.70	27.11	26.74	19.07	13.65
Fiber, total dietary	g	2.0	2.9	2.9	2.0	1.5
Sugars, total	g	6.26	9.08	8.95	6.39	4.57
Minerals						
Calcium, Ca	mg	2	3	3	2	1
Iron, Fe	mg	0.52	0.75	0.74	0.53	0.38
Magnesium, Mg	mg	37	54	53	38	27
Phosphorus, P	mg	89	129	127	91	65
Potassium, K	mg	270	392	386	275	197
Sodium, Na	mg	15	22	21	15	11
Zinc, Zn	mg	0.46	0.67	0.66	0.47	0.34
Vitamins						
Vitamin C, total ascorbic acid	mg	6.8	9.9	9.7	6.9	5.0
Thiamin	mg	0.155	0.225	0.222	0.158	0.113
Riboflavin	mg	0.055	0.080	0.079	0.056	0.040
Niacin	mg	1.770	2.566	2.531	1.805	1.292
Vitamin B-6	mg	0.093	0.135	0.133	0.095	0.068
Folate, DFE	µg	42	61	60	43	31
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	9	13	13	9	7
Vitamin A, IU	IU	187	271	267	191	137
Vitamin E (alpha-tocopherol)	mg	0.07	0.10	0.10	0.07	0.05

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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
Fatty acids, total monounsaturated	g	0.432	0.626	0.618	0.441	0.315
Fatty acids, total polyunsaturated	g	0.487	0.706	0.696	0.497	0.356
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0