

**Basic Report 11178, Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)**
**Report Date: July 20, 2019 01:44 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 136g</b>	<b>1 package 284g</b>
<b>Proximates</b>				
Water	g	75.00	102.00	213.00
Energy	kcal	88	120	250
Protein	g	3.02	4.11	8.58
Total lipid (fat)	g	0.78	1.06	2.22
Carbohydrate, by difference	g	20.71	28.17	58.82
Fiber, total dietary	g	2.1	2.9	6.0
Sugars, total	g	2.50	3.40	7.10
<b>Minerals</b>				
Calcium, Ca	mg	4	5	11
Iron, Fe	mg	0.42	0.57	1.19
Magnesium, Mg	mg	18	24	51
Phosphorus, P	mg	70	95	199
Potassium, K	mg	213	290	605
Sodium, Na	mg	3	4	9
Zinc, Zn	mg	0.38	0.52	1.08
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	6.4	8.7	18.2
Thiamin	mg	0.083	0.113	0.236
Riboflavin	mg	0.068	0.092	0.193
Niacin	mg	1.739	2.365	4.939
Vitamin B-6	mg	0.168	0.228	0.477
Folate, DFE	µg	36	49	102
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	10	14	28
Vitamin A, IU	IU	195	265	554
Vitamin E (alpha-tocopherol)	mg	0.08	0.11	0.23

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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	0.3	0.4	0.9
<b>Lipids</b>				
Fatty acids, total saturated	g	0.119	0.162	0.338
Fatty acids, total monounsaturated	g	0.227	0.309	0.645
Fatty acids, total polyunsaturated	g	0.366	0.498	1.039
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0