

Basic Report 20014, Corn grain, yellow

Report Date: December 16, 2018 04:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 166g
Proximates			
Water	g	10.37	17.21
Energy	kcal	365	606
Protein	g	9.42	15.64
Total lipid (fat)	g	4.74	7.87
Carbohydrate, by difference	g	74.26	123.27
Fiber, total dietary	g	7.3	12.1
Sugars, total	g	0.64	1.06
Minerals			
Calcium, Ca	mg	7	12
Iron, Fe	mg	2.71	4.50
Magnesium, Mg	mg	127	211
Phosphorus, P	mg	210	349
Potassium, K	mg	287	476
Sodium, Na	mg	35	58
Zinc, Zn	mg	2.21	3.67
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.385	0.639
Riboflavin	mg	0.201	0.334
Niacin	mg	3.627	6.021
Vitamin B-6	mg	0.622	1.033
Folate, DFE	µg	19	32
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	11	18
Vitamin A, IU	IU	214	355
Vitamin E (alpha-tocopherol)	mg	0.49	0.81

Nutrient	Unit	1 Value Per100 g	1 cup 166g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.5
Lipids			
Fatty acids, total saturated	g	0.667	1.107
Fatty acids, total monounsaturated	g	1.251	2.077
Fatty acids, total polyunsaturated	g	2.163	3.591
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0