

Full Report (All Nutrients) 45273488, CORN ON THE COB, UPC: 078742432946
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Report Date: September 18, 2019 20:09 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WAL-MART STORES, INC.

Nutrient	Unit	Data points	Std. Error	1 COB 85g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	90	106
Protein	g	--	--	3.00	3.53
Total lipid (fat)	g	--	--	1.00	1.18
Carbohydrate, by difference	g	--	--	19.00	22.35
Fiber, total dietary	g	--	--	1.0	1.2
Sugars, total	g	--	--	5.00	5.88
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.00	0.00
Potassium, K	mg	--	--	180	212
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.6	4.2
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

