

Sweet corn

Nutrition Facts

About 7 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0.3mg 2%

Potassium 270mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.
* Nutritional Values based on the FDA.