



# CORN NUTRITION FACTS



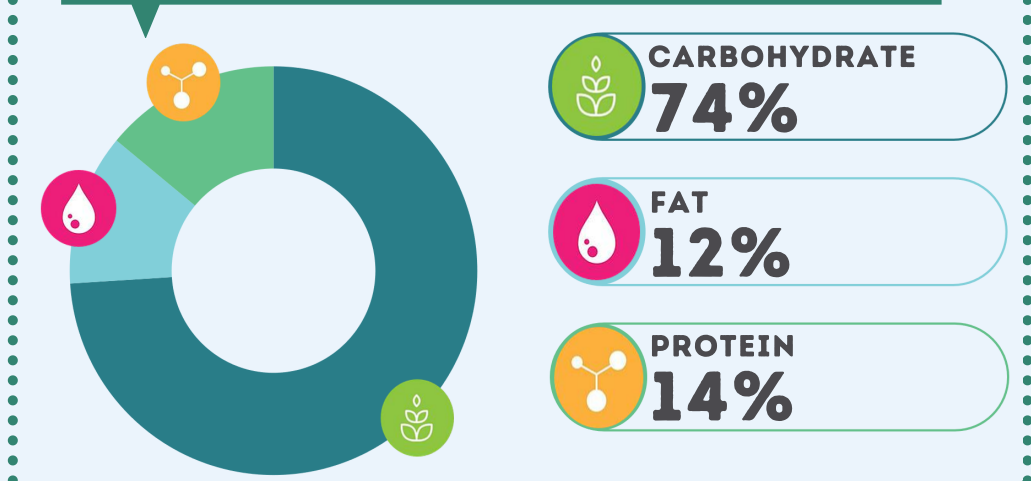
## CALORIES 86/100GM

	AMOUNT
CARBOHYDRATE	18.70 G
FAT	1.35 G
PROTEIN	3.27 G
CHOLESTEROL	0.00
FIBER	2.0 G
RIBOFLAVIN	0.055 MG
SODIUM, NA	15 MG
THIAMIN	0.155 MG

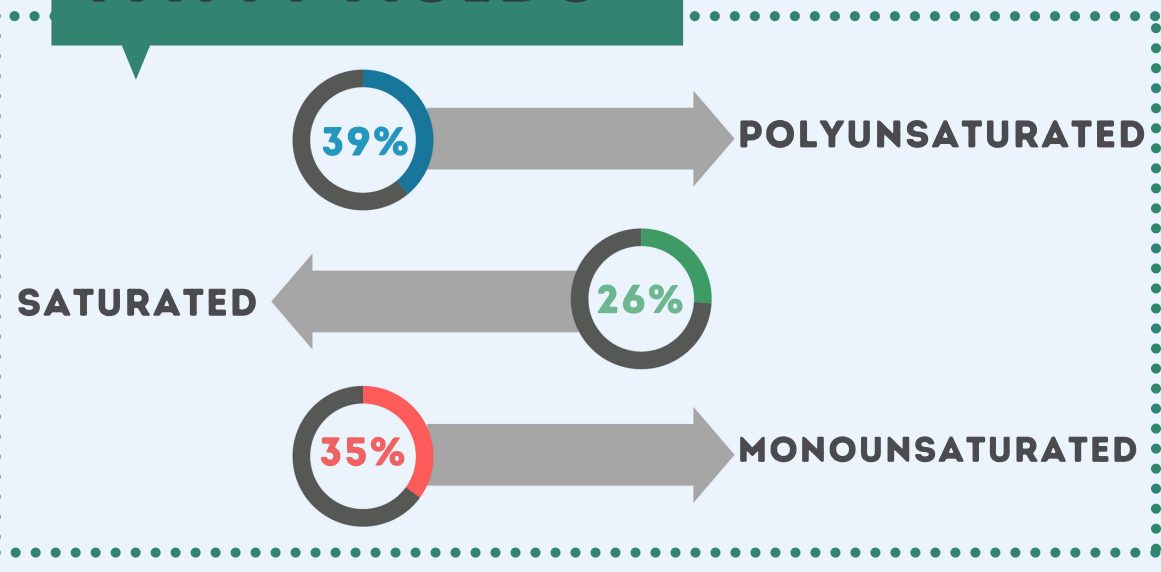
	AMOUNT
NIACIN	1.770 MG
VITAMIN A	9.00 MCG
VITAMIN B12	0.00
VITAMIN B6	0.093 MG
VITAMIN C	6.8 MG
VITAMIN D	0.00
FOLATE	42 MCG



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### CORN OTHER NAMES

- ZEA MAYS
- MAIZE
- MAYZ
- MAHIZ

### MINERALS IN CORN

2 MG	CALCIUM, CA	0 % (DV)
0.054 MG	COPPER, CU	6 % (DV)
0.52 MG	IRON, FE	3 % (DV)
37 MG	MAGNESIUM, MG	9 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
89 MG	PHOSPHORUS, P	13 % (DV)
270 MG	POTASSIUM, K	6 % (DV)
0.46 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.