

NUTRITIONAL ANALYSIS
DEGERMINATED YELLOW CORN MEAL

424122

Serving Size: 100 grams (3.53 ounces)

Moisture: 12.5%

<u>Nutrient</u>	<u>Amount per 100 grams</u>	<u>% Standard per Serving</u>
Energy	361 Kcal	
Protein	6.25 grams	12.5 %
Carbohydrate by diff.	80.30 grams	26.6 %
Sugars	.64 grams	
Dietary Fiber	3.0 grams	12.0 %
Fat - Total	0.65 grams	1.2 %
Saturated Fat	0.10 grams	
Mono Fat	0.20 grams	
Poly Fat	0.35 grams	
Trans Fatty Acids	0 grams	
Cholesterol	0.0 mg	
Ash	0.3 grams	
Water	12.5 grams	
Total Vitamin A	41.0 RE	4.1 %
A - Retinol	0.0 RE	
A - Carotenoid	41.0 RE	
Thiamin B1	0.14 mg	9.3 %
Riboflavin B2	0.05 mg	2.9 %
Niacin B3	1.0 mg	5.0 %
Niacin Equiv.	1.0 mg	5.0 %
Vitamin B6	0.257 mg	12.8 %
Vitamin B12	0.0 µg	
Folate	48.0 µg	12.0 %
Pantothenic Acid	0.312 mg	3.1 %
Vitamin C	0.0 mg	
Vitamin D	µg	
Vitamin E	mg	
Calcium	5.0 mg	0.5 %
Copper	0.078 mg	3.9 %
Iron	1.11 mg	6.2 %
Magnesium	40.0 mg	10.0 %
Manganese	0.105 mg	
Phosphorus	84.0 mg	8.4 %
Potassium	162.0 mg	4.6 %
Selenium	µg	
Sodium	3.0 mg	0.1 %
Zinc	0.72 mg	4.8 %
Alcohol	0.0 grams	
Caffeine	0.0 mg	