

DRIED SWEET CORN
28 GRAM SERVING

NUTRITION FACTS			
Serving size 1/4 cup (28g)			
Servings per container about			
Amount per serving			
Calories 130		Calories from fat 10	
			%Daily Value*
Total Fat 1g		1%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 15g		5%	
Dietary Fiber 1g		5%	
Sugars 4g			
Protein 2g			
Vitamin A 0%		Vitamin C 6%	
Calcium 0%		Iron 0%	
<div>• Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</div>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g ¹

¹ Values are derived from Nutritional Databases, Supplier Information, and other published information. The actual analysis may vary from the above values.