

Nutrition FactsServing Size: 1/2 Cup (19g) Dry
Servings Per Container: 23

Amount Per Serving

Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 1g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 0mg** **0%****Total Carbohydrate 13g** **4%**Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		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	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

DIRECTIONS:

Yield: 1/2 Cup dried corn = 1/2 Cup fresh corn.

1. Add 1/2 Cup sweet corn to 1 Cup warm water.
2. Let stand for 5 minutes.
3. Heat in microwave or on stove top.

Use as a side dish, in casseroles, soups, etc.

Also a healthy, delicious snack right from the can.

INGREDIENTS: Freeze-dried corn.