



PRODUCE
22090 - Corn White



* Benefits

Nutrition Facts

Servings per Container
Serving size (100grams)

Amount per serving
Calories 86

	% Daily Value*
Total Fat 1.35g	1%
Saturated Fat 0.33g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18.7g	7%
Dietary Fiber 2g	7%
Total Sugars 6.26g	
Includes Added Sugar	%
Protein 3.27g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0.52mg	3%
Potassium 270mg	6%

* 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.

Ingredients

⚠ Allergens

Free From:

- crustaceans
- mollusks
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Handling Suggestions

Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
PRODUCE	G. CEFALU - JIT	Corn, Fresh

MFG #	SPC #	GTIN	Pack	Pack Desc.
3218	22090			1/48CT

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
						/



PRODUCE
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Nutrition Analysis

Calories	86	Total Fat	1.35g	Sodium	15mg
Protein	3.27	Trans Fats		Calcium	2mg
Total Carbohydrates...	18.7g	Saturated Fat	0.33g	Iron	0.52mg
Sugars	6.26g	Added Sugars		Potassium	270mg
Dietary Fiber	2g	Polyunsaturated Fat	0.49g	Zinc	0.46
Lactose		Monounsaturated Fat	0.43g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	9	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	6.8mg	Folate	42mg	Riboflavin	0.06mg
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

