

LAKESIDE FOODS

Cob Corn

Mini

Nutrition Facts

Serving Size

1 ear

(85 g)

by Count [Count=

Servings per

Servings Per Container (see chart at right)

Amount Per Serving

Calories

90

Calories from Fat

5

% Daily Value*

Total Fat

1 g

1 %

Saturated Fat

0 g

0 %

Trans Fat

0 g

Cholesterol

0 mg

0 %

Sodium

0 mg

0 %

Total Carbohydrate

19 g

7 %

Dietary Fiber

1 g

4 %

Sugars

5 g

Protein

3 g

Vitamin A

0 %

Vitamin C

6 %

Calcium

0 %

Iron

0 %

* 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

Carbohydrate 4

Protein 4

Ingredients:

Corn

Frozen Package Size	Net Weight				Servings
	oz	lb	g	kg	
12 oz	12		340		About 4.0

Kosher OU optional and requires a 3-way agreement

Allergens: None

These nutrient values were derived from the 2001 AFFI Database.