

Freeze-Dried Sweet Corn

Nutrition Facts

23 servings per container

Serving size 1/2 cup (19g) dry
(about 1/2 cup prepared)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 158mg **4%**

Vitamin C 3mg **4%**

*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: Freeze-dried corn.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover desired amount of Freeze-Dried Sweet Corn with warm water.
3. Let stand for 20 minutes, stirring occasionally.
4. Drain excess water, heat and serve.

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