

# Nutrition Facts

Corn

Serving size (100g)

Amount Per Serving

**Calories**

**120**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0.48g **2%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

Vitamin D 0mcg **0%**

Calcium 3mg **0%**

Iron 0.75mg **4%**

Potassium 0mg **0%**

Vitamin A 13mcg **0%**

Vitamin C 10mg **10%**

\*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.