

# Nutrition Facts

**Serving size** **3/4 cup (130g)**

About 14 servings per container

**Amount per serving**

**Calories** **100**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 90mg **4%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 1g Added Sugars **2%**

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 170mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories diet a day is used for general nutrition advice.

INGREDIENTS: WHOLE KERNEL SWEET CORN, WATER, SUGAR, SALT