



Cream Style Golden Corn (CSC)

Item # 69213

Net Weight 6 LB. 9 OZ. (2.98 kg)

Packaged 6/ 10 cans per unit

Ingredients: Golden Corn, Water, Sugar, Food Starch-Modified and Salt.

Nutrition Facts

Serving Size 1/2 cup (125g)

Servings Per Container 24

Amount Per Serving

Calories 100

Calories from Fat 10

Calories from Saturated Fat 0

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Potassium 135mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 2g

Vitamin A 0% • Vitamin C 4%

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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrient	Per 100g
Calories	80.0
Calories from Fat	7.20
Calories from Saturated Fat	0
Protein	1.60 g
Carbohydrates	16.80 g
Dietary Fiber	0.80 g
Sugar-Total	7.20 g
Fat-Total	0.80 g
Saturated Fat	0 g
Mono Fat	0.10 g
Poly Fat	0.16 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamin A IU	0 IU
Vitamin C	1.68 mg
Calcium	0 mg
Iron	0 mg
Potassium	107.00 mg
Sodium	320.00 mg

Effective Date: May 14, 2004

Replace Date: New