



Food ID: A003

Food name and Description: Corn on cob, white

Scientific name: *Zea mays*

Alternate/Common name(s): Mais sa busal, puti

Edible portion: 30%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.2
Energy, calculated (kcal)	148
Protein (g)	4.4
Total Fat (g)	0.8
Carbohydrate, total (g)	30.9
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	4.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	116
Iron, Fe (mg)	0.7
Sodium, Na (mg)	23

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	6

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	0