



Food ID: A005

Food name and Description: Corn on cob, yellow, boiled

Scientific name: *Zea mays*

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

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59.2
Energy, calculated (kcal)	167
Protein (g)	3.3
Total Fat (g)	1.2
Carbohydrate, total (g)	35.7
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	92
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	104
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.48
Cholesterol (mg)	0