



**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