



Food ID: A109

Food name and Description: Corn, whole kernel, cnd

Scientific name:

Alternate/Common name(s): Mais butil, de lata

Edible portion: 85%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.3
Energy, calculated (kcal)	70
Protein (g)	1.3
Total Fat (g)	0.4
Carbohydrate, total (g)	15.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	2.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	52
Phosphorus, P (mg)	18
Iron, Fe (mg)	0.2
Sodium, Na (mg)	167

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	55
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	0