

Café Puree Corn on the Cob

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Biotin (mcg)	0.00	0.00
Calories (kcal)	220.00	244.44	Vitamin C (mg)	2.39	2.64
Calories from Fat (kcal)	90.00	100.00	Vitamin D - IU (IU)	0.00	0.00
Calories from SatFat (kcal)	18.00	20.00	Vitamin D - mcg (mcg)	0.00	0.00
Protein (g)	2.00	2.22	Vitamin E - Alpha-Toco (mg)	1.44	1.59
Carbohydrates (g)	26.00	28.89	Folate (mcg)	40.00	44.44
Dietary Fiber (g)	2.00	2.22	Folate, DFE (mcg)	20.00	22.22
Soluble Fiber (g)	0.04	0.04	Vitamin K (mcg)	5.69	6.27
Total Sugars (g)	5.00	5.56	Pantothenic Acid (mg)	0.00	0.00
Monosaccharides (g)	0.00	0.00	Minerals		
Disaccharides (g)	0.00	0.00	Calcium (mg)	7.05	7.77
Other Carbs (g)	5.65	6.28	Chromium (mcg)	0.00	0.00
Fat (g)	10.00	11.11	Copper (mg)	0.00	0.00
Saturated Fat (g)	2.00	2.22	Fluoride (mg)	0.00	0.00
Mono Fat (g)	5.18	5.76	Iodine (mcg)	--	--
Poly Fat (g)	2.46	2.73	Iron (mg)	0.35	0.38
Trans Fatty Acid (g)	0.00	0.00	Magnesium (mg)	19.18	21.14
Cholesterol (mg)	0.00	0.00	Manganese (mg)	0.00	0.00
Water (g)	2.75	3.06	Molybdenum (mcg)	--	--
Vitamins			Phosphorus (mg)	120.00	133.33
Vitamin A - IU (IU)	136.15	150.08	Potassium (mg)	150.00	166.67
Vitamin A - RE (RE)	6.84	7.54	Selenium (mcg)	0.00	0.00
Vitamin A - RAE (RAE)	0.00	0.00	Sodium (mg)	220.00	244.44
Vitamin A - Carotenoid RE (RE)	0.00	0.00	Zinc (mg)	0.43	0.48
Vitamin A - Retinol RE (RE)	0.00	0.00	Other Fats		
Beta-Carotene (mcg)	0.00	0.00	Omega 3 Fatty Acid (g)	0.73	0.80
Vitamin B1 - Thiamin (mg)	0.02	0.02	Omega 6 Fatty Acid (g)	1.52	1.67
Vitamin B2 - Riboflavin (mg)	0.04	0.05	Other Nutrients		
Vitamin B3 - Niacin (mg)	0.90	0.99	Gram Weight (g)	90.72	100.00
Niacin Equivalents (mg)	0.00	0.00	Alcohol (g)	0.00	0.00
Vitamin B6 (mg)	0.07	0.07	Caffeine (mg)	0.00	0.00
Vitamin B12 (mcg)	0.00	0.00	Choline (mg)	0.02	0.02