

# Corn

## In depth nutrient analysis:

Corn		
(Note: "--" indicates data is <a href="#">unavailable</a> )		
Corn, yellow, cooked		
(Note: "--" indicates data <a href="#">unavailable</a> )		
1.00 each (77.00 g)		GI: <a href="#">medium</a>
Basic Components		
nutrient	amount	%DV
calories	73.92	
calories from fat	10.40	
calories from saturated fat	1.37	
protein	2.63 g	
carbohydrates	16.15 g	
dietary fiber	1.85 g	7.40
soluble fiber	0.07 g	
insoluble fiber	1.78 g	
sugar - total	3.50 g	
monosaccharides	1.26 g	
disaccharides	2.24 g	
other carbs	10.81 g	
fat - total	1.16 g	
saturated fat	0.15 g	
mono fat	0.29 g	
poly fat	0.46 g	
trans fatty acids	0.00 g	
cholesterol	0.00 mg	
water	56.53 g	
ash	0.55 g	
Vitamins		
nutrient	amount	%DV
vitamin A IU	202.51 IU	6.75
vitamin A RE	10.13 RE	
A - carotenoid	20.25 RE	--
A - retinol	0.00 RE	
A - beta carotene	50.82 mcg	
thiamin - B1	0.07 mg	5.83
riboflavin - B2	0.04 mg	3.08

niacin - B3	1.30 mg	8.12
niacin equiv	1.59 mg	
vitamin B6	0.11 mg	6.47
vitamin B12	0.00 mcg	0.00
biotin	-- mcg	--
vitamin C	4.24 mg	5.65
vitamin D IU	0.00 IU	0.00
vitamin D mcg	0.00 mcg	
vitamin E alpha equiv	0.07 mg	0.47
vitamin E IU	0.10 IU	
vitamin E mg	0.07 mg	
folate	17.71 mcg	4.43
vitamin K	0.31 mcg	0.34
pantothenic acid	0.61 mg	12.20
<b>Minerals</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
boron	37.56 mcg	
calcium	2.31 mg	0.23
chloride	-- mg	
chromium	-- mcg	--
copper	0.04 mg	4.44
fluoride	-- mg	--
iodine	-- mcg	--
iron	0.35 mg	1.94
magnesium	20.02 mg	5.00
manganese	0.13 mg	6.50
molybdenum	-- mcg	--
phosphorus	59.29 mg	8.47
potassium	167.86 mg	
selenium	0.15 mcg	0.27
sodium	0.77 mg	
zinc	0.48 mg	4.36
<b>Saturated Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
4:0 butyric	0.00 g	
6:0 caproic	0.00 g	
8:0 caprylic	0.00 g	
10:0 capric	0.00 g	
12:0 lauric	0.00 g	
14:0 myristic	0.00 g	

15:0 pentadecanoic	0.00 g	
16:0 palmitic	0.14 g	
17:0 margaric	0.00 g	
18:0 stearic	0.01 g	
20:0 arachidic	0.00 g	
22:0 behenate	0.00 g	
24:0 lignoceric	0.00 g	
<b>Mono Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
14:1 myristol	0.00 g	
15:1 pentadecenoic	0.00 g	
16:1 palmitol	0.00 g	
17:1 heptadecenoic	0.00 g	
18:1 oleic	0.29 g	
20:1 eicosen	0.00 g	
22:1 erucic	0.00 g	
24:1 nervonic	0.00 g	
<b>Poly Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
18:2 linoleic	0.45 g	
18:3 linolenic	0.01 g	
18:4 stearidon	0.00 g	
20:3 eicosatrienoic	0.00 g	
20:4 arachidon	0.00 g	
20:5 EPA	0.00 g	
22:5 DPA	0.00 g	
22:6 DHA	0.00 g	
<b>Other Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
omega 3 fatty acids	0.01 g	0.42
omega 6 fatty acids	0.45 g	
<b>Amino Acids</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
alanine	0.23 g	
arginine	0.10 g	
aspartate	0.19 g	
cystine	0.02 g	7.69
glutamate	0.50 g	
glycine	0.10 g	
histidine	0.07 g	7.78

isoleucine	0.10 g	8.00
leucine	0.28 g	10.18
lysine	0.11 g	4.31
methionine	0.05 g	7.46
phenylalanine	0.12 g	13.48
proline	0.23 g	
serine	0.12 g	
threonine	0.10 g	10.31
tryptophan	0.02 g	7.69
tyrosine	0.10 g	13.70
valine	0.15 g	8.93
<b>Other</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
alcohol	0.00 g	
caffeine	0.00 mg	
artif sweetener total	-- mg	
aspartame	-- mg	
saccharin	-- mg	
sugar alcohol	-- g	
glycerol	-- g	
inositol	-- g	
mannitol	-- g	
sorbitol	-- g	
xylitol	-- g	
organic acids	-- mg	
acetic acid	-- mg	
citric acid	-- mg	
lactic acid	-- mg	
malic acid	-- mg	
choline	22.41 mg	5.27
taurine	-- mg	
<b>Note:</b>		
The nutrient profiles provided in this website are derived from The Food Processor, Version 10.12.0, ESHA Research, Salem, Oregon, USA. Among the 50,000+ food items in the master database and 163 nutritional components per item, specific nutrient values were frequently missing from any particular food item. We chose the designation "--" to represent those nutrients for which no value was included in this version of the database.		

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