

Corn



- Corn is generally sold according to color.
- Yellow corn is the most predominant; white and bicolor (yellow and white kernel) corn are also available.
- Primary varieties are characterized by plump kernels and well-colored green husks.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA, Mexico

Receiving Information:

- Good quality corn should have fresh green husks with silk ends that are free of decay or insects. Ears should be evenly covered with plump, consistently-sized kernels.
- Avoid corn with discolored or dry-looking husks, stem ends, or kernels.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Troubleshooting: Decrease in sugar content may be an indication of age. Inspect corn carefully upon arrival for quality and use or display shortly after receiving. Storing sweet corn at high temperatures may also cause a decrease in sugar content.

Nutrition Facts

Serving Size: 1 cup, corn, raw

Amount Per Serving

Calories 132	Fat Calories
% Daily Value*	
Total Fat 2 g	
Sat Fat 1 g	2%
Trans Fat	
Cholesterol 0 mg	
Sodium 23 mg	1%
Total Carbohydrates 29 g	22%
Dietary Fiber 3 g	12%
Sugars 10 g	
Protein 5 g	11%
Potassium 416 mg	9%
Vitamin A 2%	Vitamin C 14%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet.