

SWEET CORN:

BiColor, White, or Yellow

Available in White, Yellow and Bi-colored. Corn grows in "ears," each of which is covered in rows of kernels that are then protected by the silk-like threads called "corn silk" and encased in a husk.

Usage: Boil, steam, microwave or roast.

Selection: Good quality corn has full, evenly formed filled ears with straight rows of kernels. The husks will be fresh-looking and bright green, and the silk ends free of decay or worm damage. Be sure the coloring of the kernels is bright and shiny. Pull back the husk and poke one of the kernels at the tip of the silk end with a finger-nail. If juice squirts out and is only slightly cloudy, it's fresh. If the juice is thick or non-existent, the corn is old.

Avoid: Avoid corn that has shriveled, burned looking husks, or has dark-colored slime in the tassel. Large kernels, those with dark yellow dents and wrinkled kernels with no juice in them are all indications of old corn. Also avoid underdeveloped kernels lacking good color (except in the white variety) and short or crooked ears that are not filled almost to the tip with kernels.

Storage: Store sweet corn in the refrigerator for up to three days. Keep the husk attached to the sweet corn during storage; it will help protect and retain the corn's moisture content. If the husk is already removed, refrigerate fresh corn in a plastic bag.

Nutrition Facts

Serving Size 6 inch ear of corn
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

