



FURMANO

# 003679 - Corn Whole Kernel

Whole Kernel Golden Sweet Corn, supplied by Furmano Foods, shall conform to U.S. Grade A standards using the USDA standards for canned whole kernel corn, effective July 1, 1957.



## Nutrition Facts

Servings per Container 144  
Serving size 1/2cup (125g)

Amount per serving  
**Calories 64**

	% Daily Value*
<b>Total Fat</b> 0.8g	<b>0%</b>
Saturated Fat 0.13g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 13.6g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 1.6g	
Vitamin D 0µg	<b>0%</b>
Calcium 2mg	<b>0%</b>
Iron 0.32mg	<b>1%</b>
Potassium 140µg	<b>2%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

### Ingredients

Corn, Water, Sugar, Salt

### Allergens

#### Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Cool, dry storage at 65°F - Shelf Life  
36 Months at 40° - 85° F

### Serving Suggestions

Serve as a side dish

### Prep & Cooking Suggestions

Heat via Stove Top, Oven, Steaming,  
Microwave, or Boiling

### Product Specifications

Brand	Manufacturer	Product Category
FURMANO	Lakeside	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F10909	003679	00041188109093	6	6 / 6 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
45.5lb	39.75lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.81in	12.63in	7.25in	1ft3	8x7	1080DAYS	40°F / 85°F



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## Nutrition Analysis - By Measure

Calories	64kcal	Total Fat	0.8g	Sodium	240mg
Protein	1.6g	Trans Fats	0g	Calcium	2mg
Total Carbohydrates...	13.6g	Saturated Fat	0.13g	Iron	0.32mg
Sugars	4g	Added Sugars		Potassium	140µg
Dietary Fiber	2g	Polyunsaturated Fat	0g	Zinc	0mg
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0NIU	Vitamin D	0µg	Thiamin	0mg
Vitamin A(RE)		Vitamin E	0NIU	Niacin	0mg
Vitamin C	2.4mg	Folate	0µg	Riboflavin	0mg
Magnesium	0mg	Vitamin B-6		Vitamin B-1 2	0µg
Monosodium		Sulphites		Nitrates	

## Additional Images

