

Ingredients: Raw white corn, water, baking soda.

Corn Soup Recipe:
1 lb. dehydrated white corn.
4 cups cooked beans (red, kidney, pinto).
1-2 lbs. cooked meat (pork hocks, smoked turkey legs, and salt pork).

Use an 8 qt. kettle. Cover corn with 2" water. Bring to boil, and then simmer for 1 hr. Add cooked meat and beans. Simmer 1 more hr. Add salt and pepper to taste. Use enough water to cover ingredients during cooking.

Serves 6-8 people.

Dehydrated White Corn

Each



Nutrition Facts

Serving Size 1/2 cup (100g)
Servings Per Container 8

Amount Per Serving

Calories 390 Calories from Fat 50
% Daily Value*

Total Fat 6g 9%
Saturated Fat 0.5g 3%
Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 220 mg 9%

Total Carbohydrate 75g 25%

Dietary Fiber 19g 76%

Sugars 1g

Protein 10g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 10%

*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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Dehydrated White Corn



Net Wt. - 1 lb. (454g)

Packaged Date

Distributed by tsyunhékwa

Processed by Oneida Cannery, Oneida, WI 54155