

Fresh Hull Corn



Net Wt. - 25 oz. (709g)

Keep Refrigerated

Use by -

Ingredients: Raw white corn, water, baking soda.

Corn Soup Recipe:
 1 qt. fresh hull corn.
 1 cup cooked beans (red, pinto).
 1 lb. cooked meat (pork hocks, smoked turkey legs, and salt pork).

Use a 4 qt. kettle. Add corn with enough water to cover 1". Add cooked meat and beans. Add salt and pepper to taste. Simmer until hot and serve.

Serves 2-4 people.

Fresh Hull Corn

Each



Nutrition Facts

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

Amount Per Serving		Calories from Fat 5	
Calories 40		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0 mg		0%
Sodium	20 mg		1%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	0g		
Protein 1g			
Vitamin A 2%		Vitamin C 2%	
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
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

Distributed by tsyunhéhwa

Processed by Oneida Cannery, Oneida, WI 54155