

Full Report (All Nutrients) 45093219, FRESHLY FROZEN WHOLE KERNEL CORN, UPC: 011225108860

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Report Date: September 10, 2018 14:31 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 (0) from values per serving.

Food Group : Branded Food Products Database

Manufacturer: Kingston Marketing Co

Nutrient	Unit	Data points	Std. Error	1	
				0.50 cup 22.5g	Value Per100 g
Proximates					
Energy	kcal			25	111
Protein	g			0.75	3.33
Total lipid (fat)	g			0.25	1.11
Carbohydrate, by difference	g			5.25	23.33
Fiber, total dietary	g			0.2	1.1
Sugars, total	g			1.25	5.56
Minerals					
Calcium, Ca	mg			0	0
Iron, Fe	mg			0.00	0.00
Sodium, Na	mg			0	0
Vitamins					
Vitamin C, total ascorbic acid	mg			0.9	4.0
Vitamin A, IU	IU			0	0
Lipids					
Fatty acids, total saturated	g			0.000	0.000
Fatty acids, total trans	g			0.000	0.000
Cholesterol	mg			0	0
Amino Acids					
Other					

Ingredients
CORN, Date Available: 06/07/2018 Date Last Updated by Company: 06/07/2018

Full Report (All Nutrients) 45210207, FRESHLY FROZEN CUT BROCCOLI, UPC: 041318480481

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Report Date: September 10, 2018 14:34 EDT

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Food Group : Branded Food Products Database

Manufacturer Schnuck Markets, Inc.

Nutrient	Unit	Data points	Std. Error	1	
				0.50 cup 42.5g	Value Per100 g
Proximates					
Energy	kcal	--	--	10	24
Protein	g	--	--	0.50	1.18
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	2.00	4.71
Fiber, total dietary	g	--	--	1.0	2.4
Sugars, total	g	--	--	1.00	2.35
Minerals					
Calcium, Ca	mg	--	--	10	24
Iron, Fe	mg	--	--	0.00	0.00
Sodium, Na	mg	--	--	10	24
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	15.0	35.3
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					
Ingredients					
BROCCOLI. Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017					

Basic Report 11302, Peas, edible-podded, frozen, unprepared

Report Date: September 11, 2018 08:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1		1 package (10 oz) 284g
		Value Per 100 g	0.50 cup 72g	
Proximates				
Water	g	89.30	64.30	253.61
Energy	kcal	42	30	119
Protein	g	2.80	2.02	7.95
Total lipid (fat)	g	0.30	0.22	0.85
Carbohydrate, by difference	g	7.20	5.18	20.45
Fiber, total dietary	g	3.1	2.2	8.8
Minerals				
Calcium, Ca	mg	50	36	142
Iron, Fe	mg	2.00	1.44	5.68
Magnesium, Mg	mg	23	17	65
Phosphorus, P	mg	51	37	145
Potassium, K	mg	192	138	545
Sodium, Na	mg	4	3	11
Zinc, Zn	mg	0.41	0.30	1.16
Vitamins				
Vitamin C, total ascorbic acid	mg	22.0	15.8	62.5
Thiamin	mg	0.060	0.043	0.170
Riboflavin	mg	0.100	0.072	0.284
Niacin	mg	0.500	0.360	1.420
Vitamin B-6	mg	0.154	0.111	0.437
Folate, DFE	µg	40	29	114
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	5	20
Vitamin A, IU	IU	140	101	398
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Nutrient	Unit	1		1 package (10 oz) 284g
		Value	Per 100 g	
Lipids				
Fatty acids, total saturated	g	0.038	0.042	0.165
Fatty acids, total monounsaturated	g	0.031	0.022	0.088
Fatty acids, total polyunsaturated	g	0.133	0.096	0.378
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				

Full Report (All Nutrients) 45366437, FRESH BEAN, UPC: 882234216101

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Report Date: September 10, 2018 14:39 EDT

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Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	1 0.50 cup 56.67g	Value Per 100 g
Proximates					
Energy	kcal	16	—	16	29
Protein	g	0.67	—	0.67	1.18
Total lipid (fat)	g	0.00	—	0.00	0.00
Carbohydrate, by difference	g	3.33	—	3.33	5.88
Fiber, total dietary	g	2.0	—	2.0	3.5
Sugars, total	g	1.33	—	1.33	2.35
Minerals					
Calcium, Ca	mg	27	—	27	47
Iron, Fe	mg	0.24	—	0.24	0.42
Potassium, K	mg	133	—	133	235
Sodium, Na	mg	0	—	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	4.0	—	4.0	7.1
Vitamin A, IU	IU	133	—	133	235
Lipids					
Fatty acids, total saturated	g	0.000	—	0.000	0.000
Fatty acids, total trans	g	0.000	—	0.000	0.000
Cholesterol	mg	0	—	0	0
Amino Acids					
Other					