

# Freeze-Dried Corn

## Prepare

To make one serving:

- 1 Open pouch and remove oxygen absorber.
- 2 Pou 1/8 cup of cool water in a bowl.
- 3 Add 1/4 cup of corn to cool water.
- 4 Let sit 5-10 minutes or until tender, or snack on them without reconstituting.

## Nutrition Facts

8 Servings Per Container

**Serving Size**

**1/4 Cup (9g)**

Amount per Serving

**Calories**

**30**

**% Daily Value**

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol 0mg** **0%**

**Sodium 5mg** **0%**

**Total Carbohydrate 7g** **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 1g**

Vitamin D 0mcg **0%**

Calcium 1mg **0%**

Iron 0mg **0%**

Potassium 98mg **2%**

\* The % Daily Value 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.

V3.2

INGREDIENTS: sweet corn.

Distributed by 4Patriots, LLC  
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Contains a bioengineered food ingredient.



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**NET WT. 2.5 oz (72g)**

Makes 8 Servings