



23
SERVINGS



**SHELF LIFE UP TO
30 YEARS**

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Sweet Corn

Nutrition Facts

Serving Size: 1/2 Cup (19g dry)
Servings Per Container: 23

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 60			
Total Fat 1g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 14g			5%
Dietary Fiber 2g			10%
Sugars 4g			
Protein 2g			

Vitamin A	2%	•	Vitamin C	8%
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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

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DIRECTIONS:

Yield: 1/2 cup sweet corn.

1. Mix 1/2 cup sweet corn to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Heat in microwave or on stove top.

1/2 cup dried corn = 1/2 cup fresh corn

Use as a side dish, in casseroles, soups, etc.

INGREDIENTS: Super sweet corn.

1-800-878-0099

www.AugasonFarms.com

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