

Sweet Corn Kernels Freeze Dried
Origin China or Ecuador
Natural, Single Ingredient

Reviewed
10/2025

Ingredient	Sweet corn
Process	Freeze dried
Shape	Kernels
Moisture	< 5%
Color	Light yellow
Flavor	Typical sweet corn
Sterilization	None, not sterilized by fumigation nor irradiation
Availability	Inventory is kept at warehouse in South Florida
Shelf Life	12 months
Packaging	0.5 lb, 3 lb and 11 lb bags, retail and bulk sizes available complying with international standards

Nutrition Facts	
Serving Size	100 grams (100 g)
Amount Per Serving	
Calories	410
% Daily Value *	
Total Fat 5.1g	6.5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 73g	27%
Dietary Fiber 12g	43%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.52mg	8%
Potassium 944mg	20%
Vitamin A 423.28IU	8%
Vitamin C 25.4mg	28%
* The % Daily Value (DV) 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.	

100% Real. Absolutely & irrefutably natural. No hidden sugars, substitute sugars, fillers, gums, artificial flavors or petroleum based food dyes. We find, qualify, and supervise all of our suppliers to offer the best quality and value. Verifying certifications as well as claims, traceability, food safety, tracking harvesting dates, reviewing processes, and being vigilant on storage while continually auditing and spot-checking to keep our quality consistent. Rainforest Supply and its facilities are registered with the U.S. FDA pursuant to the Federal Food Drug and Cosmetics Act. References to the rainforest are thematic, all of our products are sustainably and ethically sourced.

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