

Corn



About Corn

- The U.S. produces about 40 percent of the world's corn.
- Corn is often referred to as maize, an Indian word meaning "sacred mother", or "giver of life."
- Corn is a good source of ferulic acid. Several research studies suggest that ferulic acid plays a vital role in preventing cancers, aging, and inflammation in humans.

Selecting and Storing

- Uncooked corn can last for an extremely long time.
- Store corn whole and unwashed in a sealed Do not wash before storing. Store in a food storage bag with the air squeezed out. Place in the crisper drawer of the refrigerator. They should keep well for up to five days.



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Corn and Green Chili Salad

Makes: 6 servings (1/2 cup)

Ingredients

- 2 cups corn (frozen and thawed)
- 1 (10 oz.) can diced tomatoes with green chilies
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

Instructions

1. Combine all ingredients in a medium bowl.
2. Mix well.

Source: whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-green-chili-salad

Nutrition Facts

servings per container	
Serving size	(113g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 232mg	4%

*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.

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Analyzed using EHSA Food Processor; version 11.4

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