



SINCE 1896



PREMIUM

WHOLE KERNEL CORN

Premium Quality & Taste



NET WT
15.25 OZ
(432g)



MAKE IT SPECIAL WITH S&W™

S&W® Whole Kernel Corn comes from the best of the crop to bring you unsurpassed, premium quality. Whole Kernel Corn is a good source of fiber.

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container about 3 1/2

Amount/Serving
Calories 60 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **10%**

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CORN, WATER, SALT (FOR FLAVOR).
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QUESTIONS OR COMMENTS?
CALL 800-252-7033 (MON.-FRI.).
REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING = TOTAL CARBS MINUS FIBER

SERVING SUGGESTIONS

Try making
Harvest Corn Chowder.
This recipe and more
available at

WWW.SWFINEFOODS.COM



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