

SINCE 1896



PREMIUM

SWEET 'N CRISP CORN

Whole Kernel Corn

NET WT
11 OZ
(312g)



Nutrition Facts

Serv. Size 1/2 cup (105g)
Serv. Per Container about 3
Calories 70 Fat Cal.10

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

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1g	2%	Total Carb. 13g	4%
Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 4g	
Cholesterol 0mg	0%	Protein 2g	
Sodium 270mg	11%		
Vitamin A 0% • Vitamin C 6% • Calcium 0% • Iron 4%			

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.

MAKE IT SPECIAL WITH S&W™

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

SERVING SUGGESTIONS

*Try making
Fiesta Corn Quesadillas.
This recipe and more available at
WWW.SWFINEFOODS.COM*



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