

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Yellow Corn

Yellow corn is high in carbohydrates and packed with fiber, vitamins, and minerals. It's also relatively low in protein and fat. The average ear of yellow corn contains 800 kernels in 16 rows covered by pale-colored silks and a robust, green husk.



How to Select and Store:

Fresh - Selection

HEAVY WEIGHT **FIRM KERNELS** **BRIGHT HUSK**

Select yellow corn with bright green husks. Avoid tassels that are discolored and sticky, they should be pale and dry. The freshest yellow corn contains plump, firm, golden, and whole kernels.

The ear of corn should be heavy, meaning the kernels are rotund and have retained moisture.

Fresh - Storage



REFRIGERATOR CRISPER AT 45-55 DEGREES F.

Yellow corn in the husk is best stored in the crisper drawer in the fridge. If shelled, corn can be held in an airtight container in the fridge for 3-5 days.

When shelled and frozen, corn can last in a sealed, airtight container for up to 8-12 months.

Nutrition Facts

Serving Size 1 COBETTE (105g)	
Serving Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0	1%
Trans Fat 0	%
Polyunsaturated Fat 0	%
Monounsaturated Fat 0	%
Cholesterol less than 5 milligrams	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	%
Sugars 0g	%
Protein 3g	7%
Vitamin A 4%	• Vitamin C 8%
Calcium 0%	• Iron 4%
Vitamin E 0%	• Vitamin B6 10%
* 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 85g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrates 4 • Protein 4

Tips for Preparing and Cooking:

Preparation

Prepare yellow corn by carefully removing the husks and silks and wash thoroughly. The kernels can be removed and prepared separately or the whole ear may be prepared for consumption.

Try yellow corn...

Boiled

Try yellow corn boiled until the kernels are bright yellow, crisp, and tender - about four to five minutes. Add salt, pepper, and a square of butter.

Grilled

Test out yellow corn husked, brushed with olive oil, garlic, salt, and pepper, and grilled on medium heat. Cook until golden with a slight char and enjoy!

Milled

An easy way to use yellow corn in dessert recipes is to dry and grind it into cornmeal. It can be used in a crisp, cupcakes, muffins, and more!