



PRAIRIE MILLS™
P R O D U C T S

401 East 4th Street, Rochester, IN 46975
Ph: (574) 223-3177 FAX: (574) 223-3414
www.prairiemills.com

PRODUCT: YELLOW GRANULATED CORN MEAL

NUTRITIONAL RESULTS (100 Grams)

Moisture (g)	12.20
Ash (as is per)(g)	0.567
Protein N x 6.25 (as is)(g)	6.12
Fat by GC:	
Fat Total (as is)(g)	1.515
Fat Saturated (as is)(G)	0.305
Trans Fatty Acids (g)	ND
Fat (Poly Unsaturated)(g)	0.900
Fat (Monounsaturated)(g)	0.311
Carbohydrates (g)	79.60
Calories	329.07
Calories From Fat	13.64
Total Dietary Fiber (as is)(g)	6.86
Fiber, Soluble (as is)(g)	0.0
Fiber, Insoluble (as is)(g)	6.86
Total Sugar (g)	1.20
Cholesterol (mg)	0.38
Vitamin A (Iu)	ND
Asorbic Acid (mg)	ND
Calcium (mg)	9.25