

Cornstarch

<https://nutritiondata.self.com/facts/cereal-grains-and-pasta/5697/2>

- Add to Tracking
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Serving size: 100 grams

FOOD SUMMARY

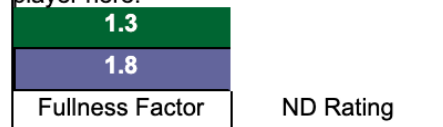
Nutrition facts label for Cornstarch

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Nutritional Target Map [What is this?](#)

Nutritional Target Map for Cornstarch

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NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

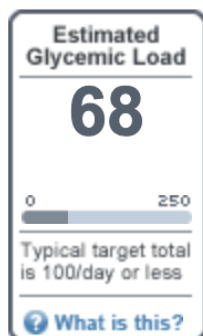
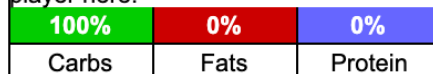
Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium.

Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Cornstarch

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NUTRIENT BALANCE

Nutrient Balance Indicator for Cornstarch

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[What is this?](#)

PROTEIN QUALITY

Protein Quality for Cornstarch

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[What is this?](#)

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	381 (1595 kJ)	19%
From Carbohydrate	380 (1591 kJ)	
From Fat	0.4 (1.7 kJ)	
From Protein	0.9 (3.8 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.3 g	1%

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
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[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	0%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	0%
Folate	0.0 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	0.4 mg	
Betaine	~	

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	91.3 g	30%
Dietary Fiber	0.9 g	4%
Starch	~	
Sugars	0.0 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	25.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	2.0 mg	0%
Iron	0.5 mg	3%
Magnesium	3.0 mg	1%
Phosphorus	13.0 mg	1%
Potassium	3.0 mg	0%
Sodium	9.0 mg	0%
Zinc	0.1 mg	0%
Copper	0.1 mg	3%
Manganese	0.1 mg	3%
Selenium	2.8 mcg	4%
Fluoride	~	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

[More details ▼](#)

Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	8.3 g	
Ash	0.1 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	