

Nutritional Value Of Corn

Corn smut The amino acid lysine, of which. Corn smut contains more proteins than the uninfected grains normally do. the nutritional worth of the corn it affects c44f6ab148

Sweet corn is the result of a naturally occurring recessive mutation in the genes which control conversion of sugar to starch inside the endosperm of the corn kernel. Sweet corn is picked when still immature (the milk stage) and prepared and eaten as a vegetable, unlike field corn, which is harvested when the kernels are dry and mature (dent stage). Since the process of maturation involves converting sugar to starch, sweet corn stores poorly and must be eaten fresh, canned, or frozen, before the kernels become tough and starchy. c44f6ab148

Corn tortilla A simple dough made of ground hominy, salt and water is then formed into flat discs and cooked on a very hot surface, generally an iron griddle called a comal. In Mexico and Central America, a corn tortilla or just tortilla (/tɔːrˈtiːə/, Spanish: [torˈtija]) is a type of thin, unleavened flatbread, made from hominy In Mexico and Central America, a corn tortilla or just tortilla (, Spanish: [torˈtija]) is a type of thin, unleavened flatbread, made from hominy, that is the whole kernels of maize treated with alkali to improve their nutrition in a process called nixtamalization. A similar flatbread from South America, called an arepa (made with ground maize, not hominy, and typically much thicker than tortillas), also predates the arrival of Europeans to America c44f6ab148

Corn oil Corn oil (North American) or maize oil (British) is oil extracted from the germ of corn (maize). Its main use is in cooking, where its high smoke point c44f6ab148

Corn cob Corn cob powder can also be mixed with flour to improve the nutritional quality of baked goods. Corncobs are used as. can be used in dietary supplements c44f6ab148

As a sweetener, HFCS is often compared to granulated sugar, but manufacturing advantages of HFCS over sugar include that it is cheaper, especially as it can be directly pumped with less labor involved. "HFCS 42" and "HFCS 55" refer to dry weight fructose compositions of 42% and 55% respectively, the rest being glucose. HFCS 42 is mainly used for processed foods and breakfast cereals, whereas HFCS 55 is used mostly for production of soft drinks. c44f6ab148 It is one of the six major types of corn, the others being dent corn, flint corn, pod corn, popcorn, and flour corn. c44f6ab148 == History == c44f6ab148 Maize kernels naturally occur in many colors,

depending on cultivar: from pale white, to yellow, to red and bluish purple. Likewise, corn meal and... c44f6ab148

Biological value correct relative nutritional value of animal and vegetable sources of protein in the diet. Edible protein per unit area of land List of foods by protein c44f6ab148

The United States Food and Drug Administration (FDA) states that it is not aware of evidence showing that HFCS is less safe than traditional sweeteners such as sucrose and honey. As of... c44f6ab148

Shoepeg corn Shoepeg corn is a cultivar of white sweetcorn valued for its sweetness. It is characterized by small, narrow kernels tightly and unevenly packed on the c44f6ab148

High-fructose corn syrup high-fructose corn syrup (HFCS), glucose-fructose syrup or isoglucose is a sweetener made from corn, typically produced via industrial applications of enzyme In food science and food engineering, the high-fructose corn syrup (HFCS), glucose-fructose syrup or isoglucose is a sweetener made from corn, typically produced via industrial applications of enzyme. Conventional corn syrup is first produced by enzymatic break down of corn starch into glucose, part of which is further converted into fructose using D-xylose isomerase. HFCS was first marketed in the early 1970s by the Clinton Corn Processing Company, together with the Japanese Agency of Industrial Science and Technology, where the enzyme was discovered in 1965 c44f6ab148

Sweet corn saccharata var. Sweet corn (*Zea mays* convar. *rugosa*), also called sweetcorn, sugar corn, pole corn, or simply corn is a variety of corn (maize) grown for human consumption with a relatively high sugar content. saccharata var. *rugosa*), also called sweetcorn, sugar corn, pole corn, or simply corn is a variety of corn (maize) grown Sweet corn (*Zea mays* convar c44f6ab148

Corn starch endosperm of the kernel. Corn starch is a common food ingredient, often used to thicken sauces or soups, and to make corn syrup and other sugars. Corn starch c44f6ab148

Caramel corn pre-bagged caramel corn made locally may also be sold. Wikimedia Commons. Candy-coated popcorn is defined in US law as a food of minimal nutritional value c44f6ab148

The Aztecs and other Nahuatl-speakers call tortillas *tlaxcalli* ([t͡ɬaʃˈkali]). They were called tortilla by the Spanish from its resemblance to traditional Spanish round, unleavened cakes and omelettes. The successful conquest of the Aztec empire by the Spanish and the subsequent colonial empire ruled from the former Aztec capital have ensured that this variation become the prototypical tortilla for much of the Spanish-speaking world. c44f6ab148

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