

Nutritional value of popcorn

If you are more curious about what does this crispy snack bring to your body the below table you will find the nutritional value and chemical composition of oil-popped, air-popped, and raw edible corn pieces (per 100g).

Nutrients	Raw corn/maize	Air-popped popcorn	Oil-popped popcorn
Carbohydrate	71.88g	77.9g	57.2g
Protein	8.84g	12.9g	9.0g
Sodium	1 mg	4 mg	884 mg
Water	75.96g	4.1g	2.8g
Energy	86 kcal	382 kcal	500 kcal
Saturated fat	0.2g	0.57g	1.41g
Monosaturated fat	0.4g	1.10g	4.08g
Polyunsaturated fat	0.6g	1.90g	3.57g
Calcium	10 mg	10 mg	10 mg
Iron	2.3 mg	2.66 mg	2.78 mg
Thiamine	0.42 mg	0.20 mg	0.13 mg
Riboflavin	0.10 mg	0.28 mg	0.14 mg
Niacin	1.77 mg	1.94 mg	1.55 mg
Folate	42 mcg	23 mcg	17 mcg
Vitamin A	9 mcg	10 mcg	9 mcg
Potassium	270 mg	329 mg	241 mg

Table: Comparison of the nutritional content and chemical makeup of oil-popped, air-popped, and raw edible corn pieces (per 100g) (reference at the end of the article).

Another important component found in corn is fiber. In fact, eating popcorn or corn on the cob offers a substantial and healthy amount of fiber (7g total fiber per 100g meal). One cup (around 164g) of maize provides 18.4% of the daily required amount of fiber.