

Basic Report 19362, Syrups, table blends, corn, refiner, and sugar

Report Date: February 26, 2015 19:29 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 316g	1 tbsp 20g
Proximates				
Water	g	15.60	49.30	3.12
Energy	kcal	319	1008	64
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	83.90	265.12	16.78
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	23	73	5
Iron, Fe	mg	0.74	2.34	0.15
Magnesium, Mg	mg	9	28	2
Phosphorus, P	mg	8	25	2
Potassium, K	mg	63	199	13
Sodium, Na	mg	71	224	14
Zinc, Zn	mg	0.03	0.09	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.006	0.019	0.001
Riboflavin	mg	0.047	0.149	0.009
Niacin	mg	0.020	0.063	0.004
Vitamin B-6	mg	0.009	0.028	0.002
Folate, DFE	µg	3	9	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000

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Cholesterol	mg	0	0	0