

**Basic Report 19912, Sweetener, syrup, agave**

Report Date: January 29, 2015 19:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tsp 6.9g	0.25 cup 55g
<b>Proximates</b>				
Water	g	22.94	1.58	12.62
Energy	kcal	310	21	170
Protein	g	0.09	0.01	0.05
Total lipid (fat)	g	0.45	0.03	0.25
Carbohydrate, by difference	g	76.37	5.27	42.00
Fiber, total dietary	g	0.2	0.0	0.1
Sugars, total	g	68.03	4.69	37.42
<b>Minerals</b>				
Calcium, Ca	mg	1	0	1
Iron, Fe	mg	0.09	0.01	0.05
Magnesium, Mg	mg	1	0	1
Phosphorus, P	mg	1	0	1
Potassium, K	mg	4	0	2
Sodium, Na	mg	4	0	2
Zinc, Zn	mg	0.01	0.00	0.01
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	17.0	1.2	9.4
Thiamin	mg	0.122	0.008	0.067
Riboflavin	mg	0.165	0.011	0.091
Niacin	mg	0.689	0.048	0.379
Vitamin B-6	mg	0.234	0.016	0.129
Folate, DFE	µg	30	2	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	8	1	4
Vitamin A, IU	IU	156	11	86
Vitamin E (alpha-tocopherol)	mg	0.98	0.07	0.54

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	22.5	1.6	12.4
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	0	0	0