

## Basic Report 19296, Honey

Report Date: August 17, 2019 16:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 339g	1 tbsp 21g	1 packet (0.5 oz) 14g
<b>Proximates</b>					
Water	g	17.10	57.97	3.59	2.39
Energy	kcal	304	1031	64	43
Protein	g	0.30	1.02	0.06	0.04
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	82.40	279.34	17.30	11.54
Fiber, total dietary	g	0.2	0.7	0.0	0.0
Sugars, total	g	82.12	278.39	17.25	11.50
<b>Minerals</b>					
Calcium, Ca	mg	6	20	1	1
Iron, Fe	mg	0.42	1.42	0.09	0.06
Magnesium, Mg	mg	2	7	0	0
Phosphorus, P	mg	4	14	1	1
Potassium, K	mg	52	176	11	7
Sodium, Na	mg	4	14	1	1
Zinc, Zn	mg	0.22	0.75	0.05	0.03
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.5	1.7	0.1	0.1
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.038	0.129	0.008	0.005
Niacin	mg	0.121	0.410	0.025	0.017
Vitamin B-6	mg	0.024	0.081	0.005	0.003
Folate, DFE	µg	2	7	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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