

## Basic Report 19335, Sugars, granulated

Report Date: September 15, 2019 12:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving packet 2.8g	3 tsp 12.6g	1 cup 200g	1 serving 1 cube 2.3g
<b>Proximates</b>						
Water	g	0.02	0.00	0.00	0.04	0.00
Energy	kcal	387	11	49	774	9
Protein	g	0.00	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	99.98	2.80	12.60	199.96	2.30
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	99.80	2.79	12.57	199.60	2.30
<b>Minerals</b>						
Calcium, Ca	mg	1	0	0	2	0
Iron, Fe	mg	0.05	0.00	0.01	0.10	0.00
Magnesium, Mg	mg	0	0	0	0	0
Phosphorus, P	mg	0	0	0	0	0
Potassium, K	mg	2	0	0	4	0
Sodium, Na	mg	1	0	0	2	0
Zinc, Zn	mg	0.01	0.00	0.00	0.02	0.00
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.019	0.001	0.002	0.038	0.000
Niacin	mg	0.000	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	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	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0