

## Full Report (All Nutrients) 19353, Syrups, maple

Report Date: September 22, 2019 04:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.87 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 20g	1 serving 1/4 cup 83g	1 cup 315g
<b>Proximates</b>							
Water <a href="#">1</a>	g	32.39	12	0.350	6.48	26.88	102.03
Energy	kcal	260	--	--	52	216	819
Energy	kJ	1088	--	--	218	903	3427
Protein <a href="#">1</a>	g	0.04	8	0.030	0.01	0.03	0.13
Total lipid (fat) <a href="#">1</a>	g	0.06	8	0.050	0.01	0.05	0.19
Ash <a href="#">1</a>	g	0.47	6	--	0.09	0.39	1.48
Carbohydrate, by difference	g	67.04	--	--	13.41	55.64	211.18
Fiber, total dietary	g	0.0	1	--	0.0	0.0	0.0
Sugars, total <a href="#">1</a>	g	60.46	--	--	12.09	50.18	190.45
Sucrose <a href="#">1</a> <a href="#">2</a>	g	58.32	25	3.680	11.66	48.41	183.71
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	1.60	22	0.580	0.32	1.33	5.04
Fructose <a href="#">1</a> <a href="#">2</a>	g	0.52	25	0.210	0.10	0.43	1.64
Lactose <a href="#">1</a>	g	0.00	6	--	0.00	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	6	--	0.00	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	6	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca <a href="#">1</a>	mg	102	16	6.000	20	85	321
Iron, Fe <a href="#">1</a>	mg	0.11	8	0.003	0.02	0.09	0.35
Magnesium, Mg <a href="#">1</a>	mg	21	16	0.000	4	17	66
Phosphorus, P	mg	2	3	0.000	0	2	6
Potassium, K <a href="#">1</a>	mg	212	16	12.000	42	176	668
Sodium, Na <a href="#">1</a>	mg	12	16	4.000	2	10	38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 20g	1 serving 1/4 cup 83g	1 cup 315g
Zinc, Zn <u>1</u>	mg	1.47	16	0.770	0.29	1.22	4.63
Copper, Cu <u>1</u>	mg	0.018	6	--	0.004	0.015	0.057
Manganese, Mn <u>1</u>	mg	2.908	16	0.608	0.582	2.414	9.160
Selenium, Se	µg	0.6	--	--	0.1	0.5	1.9
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0	0.0
Thiamin	mg	0.066	5	0.027	0.013	0.055	0.208
Riboflavin	mg	1.270	5	0.201	0.254	1.054	4.000
Niacin	mg	0.081	5	0.010	0.016	0.067	0.255
Pantothenic acid	mg	0.036	3	0.003	0.007	0.030	0.113
Vitamin B-6	mg	0.002	3	0.002	0.000	0.002	0.006
Folate, total	µg	0	3	0.000	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	3	0.000	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	1.6	--	--	0.3	1.3	5.0
Vitamin B-12	µg	0.00	1	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	1	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
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	0.007	--	--	0.001	0.006	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 20g	1 serving 1/4 cup 83g	1 cup 315g
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.006	--	--	0.001	0.005	0.019
18:0	g	0.001	--	--	0.000	0.001	0.003
Fatty acids, total monounsaturated	g	0.011	--	--	0.002	0.009	0.035
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.011	--	--	0.002	0.009	0.035
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.017	--	--	0.003	0.014	0.054
18:2 undifferentiated	g	0.017	--	--	0.003	0.014	0.054
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	1	--	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9f, 2004 Beltsville MD

<sup>2</sup>J.L. Iverson, M.P. Bueno Evaluation of high pressure liquid chromatography and gas liquid chromatography for quantitative determination of sugars in foods, 1981 Journal of the Association of Official Analytical Chemists 64 1 pp.139-143