

Basic Report 19911, Syrup, maple, Canadian

Report Date: September 18, 2019 07:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	60.0 milliliter 80g
Proximates			
Water	g	32.15	25.72
Energy	kcal	270	216
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	67.38	53.90
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	59.92	47.94
Minerals			
Calcium, Ca	mg	109	87
Iron, Fe	mg	0.11	0.09
Magnesium, Mg	mg	21	17
Potassium, K	mg	225	180
Sodium, Na	mg	9	7
Zinc, Zn	mg	0.70	0.56
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.066	0.053
Riboflavin	mg	1.270	1.016
Niacin	mg	0.081	0.065
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Lipids			
Cholesterol	mg	0	0

Amino Acids

Other

Nutrient	Unit	1 Value Per100 g	60.0 milliliter 80g
Caffeine	mg	0	0