

Basic Report 19304, Molasses

Report Date: September 20, 2019 06:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 337g	1 serving 1 tbsp 20g
Proximates				
Water	g	21.87	73.70	4.37
Energy	kcal	290	977	58
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.34	0.02
Carbohydrate, by difference	g	74.73	251.84	14.95
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	74.72	251.81	14.94
Minerals				
Calcium, Ca	mg	205	691	41
Iron, Fe	mg	4.72	15.91	0.94
Magnesium, Mg	mg	242	816	48
Phosphorus, P	mg	31	104	6
Potassium, K	mg	1464	4934	293
Sodium, Na	mg	37	125	7
Zinc, Zn	mg	0.29	0.98	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.041	0.138	0.008
Riboflavin	mg	0.002	0.007	0.000
Niacin	mg	0.930	3.134	0.186
Vitamin B-6	mg	0.670	2.258	0.134
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.018	0.061	0.004
Fatty acids, total monounsaturated	g	0.032	0.108	0.006
Fatty acids, total polyunsaturated	g	0.050	0.169	0.010
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0