

Basic Report 19335, Sugars, granulated

Report Date: September 17, 2019 06:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving packet 2.8g	1 tsp 4.2g	1 cup 200g	1 serving 1 cube 2.3g
Proximates						
Water	g	0.02	0.00	0.00	0.04	0.00
Energy	kcal	387	11	16	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	4.20	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	4.19	199.60	2.30
Minerals						
Calcium, Ca	mg	1	0	0	2	0
Iron, Fe	mg	0.05	0.00	0.00	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
Vitamins						
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	0.001	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
Lipids						
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
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0