

Basic Report 19353, Syrups, maple

Report Date: November 24, 2017 18:58 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 20g	1 serving 1/4 cup 83g	1 cup 315g
Proximates					
Water	g	32.39	6.48	26.88	102.03
Energy	kcal	260	52	216	819
Protein	g	0.04	0.01	0.03	0.13
Total lipid (fat)	g	0.06	0.01	0.05	0.19
Carbohydrate, by difference	g	67.04	13.41	55.64	211.18
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	60.46	12.09	50.18	190.45
Minerals					
Calcium, Ca	mg	102	20	85	321
Iron, Fe	mg	0.11	0.02	0.09	0.35
Magnesium, Mg	mg	21	4	17	66
Phosphorus, P	mg	2	0	2	6
Potassium, K	mg	212	42	176	668
Sodium, Na	mg	12	2	10	38
Zinc, Zn	mg	1.47	0.29	1.22	4.63
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.066	0.013	0.055	0.208
Riboflavin	mg	1.270	0.254	1.054	4.000
Niacin	mg	0.081	0.016	0.067	0.255
Vitamin B-6	mg	0.002	0.000	0.002	0.006
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	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
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.007	0.001	0.006	0.022
Fatty acids, total monounsaturated	g	0.011	0.002	0.009	0.035
Fatty acids, total polyunsaturated	g	0.017	0.003	0.014	0.054
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0