

## Basic Report 19720, Syrups, table blends, pancake, with 2% maple, with added potassium

Report Date: August 16, 2017 15:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 315g	1 tbsp 20g
<b>Proximates</b>				
Water	g	30.10	94.81	6.02
Energy	kcal	265	835	53
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.32	0.02
Carbohydrate, by difference	g	69.60	219.24	13.92
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	5	16	1
Iron, Fe	mg	0.07	0.22	0.01
Magnesium, Mg	mg	2	6	0
Phosphorus, P	mg	10	32	2
Potassium, K	mg	22	69	4
Sodium, Na	mg	61	192	12
Zinc, Zn	mg	0.23	0.72	0.05
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.005	0.016	0.001
Riboflavin	mg	0.017	0.054	0.003
Niacin	mg	0.020	0.063	0.004
Vitamin B-6	mg	0.000	0.000	0.000
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 315g</b>	<b>1 tbsp 20g</b>
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				