

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

Report Date: October 18, 2017 05:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 315g	1 tbsp 20g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000

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