

# Syrups, maple

Refuse: 0%

NDB No: 19353 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1	1.00 X 1 tbsp
					----- 315g	----- 20g
<b>Proximates</b>						
Water	g	32.39	12	0.357	102.03	6.48
Energy	kcal	260	0	0	819	52
Energy	kJ	1088	0	0	3427	218
Protein	g	0.04	8	0.037	0.13	0.01
Total lipid (fat)	g	0.06	8	0.058	0.19	0.01
Ash	g	0.47	6	0	1.48	0.09
Carbohydrate, by difference	g	67.04	0	0	211.18	13.41
Fiber, total dietary	g	0	1	0	0	0
Sugars, total	g	60.44	9	5.089	190.39	12.09
Sucrose	g	58.32	25	3.685	183.71	11.66
Glucose (dextrose)	g	1.6	22	0.58	5.04	0.32
Fructose	g	0.52	25	0.218	1.64	0.1
Lactose	g	0	6	0	0	0
Maltose	g	0	6	0	0	0
Galactose	g	0	6	0	0	0
<b>Minerals</b>						
Calcium, Ca	mg	102	16	6.652	321	20
Iron, Fe	mg	0.11	8	0.003	0.35	0.02
Magnesium, Mg	mg	21	16	0.203	66	4
Phosphorus, P	mg	2	3	0.929	6	0
Potassium, K	mg	212	16	12.41	668	42
Sodium, Na	mg	12	16	4.228	38	2
Zinc, Zn	mg	1.47	16	0.772	4.63	0.29
Copper, Cu	mg	0.018	6	0	0.057	0.004
Manganese, Mn	mg	2.908	16	0.608	9.16	0.582
Selenium, Se	mcg	0.6	0	0	1.9	0.1

<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0	1	0	0	0
Thiamin	mg	0.066	5	0.027	0.208	0.013
Riboflavin	mg	1.27	5	0.201	4	0.254
Niacin	mg	0.081	5	0.01	0.255	0.016
Pantothenic acid	mg	0.036	3	0.003	0.113	0.007
Vitamin B-6	mg	0.002	3	0.002	0.006	0
Folate, total	mcg	0	3	0.167	0	0
Folic acid	mcg	0	0	0	0	0
Folate, food	mcg	0	3	0.167	0	0
Folate, DFE	mcg_DFE	0	0	0	0	0
Choline, total	mg	1.6	0	0	5	0.3
Vitamin B-12	mcg	0	1	0	0	0
Vitamin B-12, added	mcg	0	0	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0	0	0
Retinol	mcg	0	0	0	0	0
Carotene, beta	mcg	0	0	0	0	0
Carotene, alpha	mcg	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0
Vitamin A, IU	IU	0	1	0	0	0
Lycopene	mcg	0	0	0	0	0
Lutein + zeaxanthin	mcg	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0	0	0	0	0
Vitamin E, added	mg	0	0	0	0	0
Vitamin D (D2 + D3)	mcg	0	0	0	0	0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	mcg	0	0	0	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.007	0	0	0.022	0.001
4:0	g	0	0	0	0	0
6:0	g	0	0	0	0	0
8:0	g	0	0	0	0	0
10:0	g	0	0	0	0	0
12:0	g	0	0	0	0	0
14:0	g	0	0	0	0	0

16:0	g	0.006	0	0	0.019	0.001
18:0	g	0.001	0	0	0.003	0
Fatty acids, total monounsaturated	g	0.011	0	0	0.035	0.002
16:1 undifferentiated	g	0	0	0	0	0
18:1 undifferentiated	g	0.011	0	0	0.035	0.002
20:1	g	0	0	0	0	0
22:1 undifferentiated	g	0	0	0	0	0
Fatty acids, total polyunsaturated	g	0.017	0	0	0.054	0.003
18:2 undifferentiated	g	0.017	0	0	0.054	0.003
18:3 undifferentiated	g	0	0	0	0	0
18:4	g	0	0	0	0	0
20:4 undifferentiated	g	0	0	0	0	0
20:5 n-3 (EPA)	g	0	0	0	0	0
22:5 n-3 (DPA)	g	0	0	0	0	0
22:6 n-3 (DHA)	g	0	0	0	0	0
Cholesterol	mg	0	1	0	0	0
<b>Other</b>						
Alcohol, ethyl	g	0	0	0	0	0
Caffeine	mg	0	0	0	0	0
Theobromine	mg	0	0	0	0	0