

Sugars, brown

Refuse: 0%

NDB No: 19334 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	1.34	15	0.064
Energy	kcal	380	0	0.000
Energy	kJ	1590	0	0.000
Protein	g	0.12	15	0.018
Total lipid (fat)	g	0.00	3	0.000
Ash	g	0.45	15	0.070
Carbohydrate, by difference	g	98.09	0	0.000
Fiber, total dietary	g	0.0	0	0.000
Sugars, total	g	97.02	15	0.506
Sucrose	g	94.56	15	0.457
Glucose (dextrose)	g	1.35	15	0.107
Fructose	g	1.11	15	0.094
Lactose	g	0.00	15	0.000
Maltose	g	0.00	15	0.000
Galactose	g	0.00	15	0.000
Minerals				
Calcium, Ca	mg	83	14	16.518
Iron, Fe	mg	0.71	15	0.067

Magnesium, Mg	mg	9	15	0.579
Phosphorus, P	mg	4	15	1.579
Potassium, K	mg	133	15	15.039
Sodium, Na	mg	28	15	4.559
Zinc, Zn	mg	0.03	15	0.006
Copper, Cu	mg	0.047	15	0.007
Manganese, Mn	mg	0.064	15	0.024
Selenium, Se	mcg	1.2	4	0.433
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	1	0.000
Thiamin	mg	0.000	4	0.000
Riboflavin	mg	0.000	4	0.000
Niacin	mg	0.110	4	0.031
Pantothenic acid	mg	0.132	4	0.009
Vitamin B-6	mg	0.041	4	0.009
Folate, total	mcg	1	2	0.000
Folic acid	mcg	0	0	0.000
Folate, food	mcg	1	2	0.000
Folate, DFE	mcg_DFE	1	0	0.000
Choline, total	mg	2.3	0	0.000
Betaine	mg	0.1	2	0.000
Vitamin B-12	mcg	0.00	1	0.000
Vitamin B-12, added	mcg	0.00	0	0.000
Vitamin A, RAE	mcg_RAE	0	0	0.000

Retinol	mcg	0	0	0.000
Carotene, beta	mcg	0	0	0.000
Carotene, alpha	mcg	0	0	0.000
Cryptoxanthin, beta	mcg	0	0	0.000
Vitamin A, IU	IU	0	1	0.000
Lycopene	mcg	0	0	0.000
Lutein + zeaxanthin	mcg	0	0	0.000
Vitamin E (alpha-tocopherol)	mg	0.00	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	mcg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	mcg	0.0	0	0.000
Lipids				
Fatty acids, total saturated	g	0.000	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.000	0	0.000
16:0	g	0.000	0	0.000
18:0	g	0.000	0	0.000
Fatty acids, total monounsaturated	g	0.000	0	0.000
16:1 undifferentiated	g	0.000	0	0.000

18:1 undifferentiated	g	0.000	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.000	0	0.000
18:2 undifferentiated	g	0.000	0	0.000
18:3 undifferentiated	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	1	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 23 (2010)