

Honey

Refuse: 0%

NDB No: 19296 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	17.10	509	0.071
Energy	kcal	304	0	0.000
Energy	kJ	1272	0	0.000
Protein	g	0.30	508	0.007
Total lipid (fat)	g	0.00	3	0.002
Ash	g	0.20	508	0.009
Carbohydrate, by difference	g	82.40	0	0.000
Fiber, total dietary	g	0.2	0	0.000
Sugars, total	g	82.12	0	0.000
Sucrose	g	0.89	9	0.245
Glucose (dextrose)	g	35.75	1	0.000
Fructose	g	40.94	1	0.000
Maltose	g	1.44	9	0.307
Galactose	g	3.10	1	0.000
Minerals				
Calcium, Ca	mg	6	13	0.396
Iron, Fe	mg	0.42	14	0.110
Magnesium, Mg	mg	2	14	0.159

Phosphorus, P	mg	4	13	0.348
Potassium, K	mg	52	14	9.923
Sodium, Na	mg	4	14	0.560
Zinc, Zn	mg	0.22	12	0.042
Copper, Cu	mg	0.036	14	0.008
Manganese, Mn	mg	0.080	14	0.026
Fluoride, F	mcg	7.0	9	0.000
Selenium, Se	mcg	0.8	2	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	0.5	4	0.141
Thiamin	mg	0.000	1	0.000
Riboflavin	mg	0.038	4	0.012
Niacin	mg	0.121	4	0.025
Pantothenic acid	mg	0.068	4	0.009
Vitamin B-6	mg	0.024	4	0.005
Folate, total	mcg	2	1	0.000
Folic acid	mcg	0	0	0.000
Folate, food	mcg	2	1	0.000
Folate, DFE	mcg_DFE	2	0	0.000
Choline, total	mg	2.2	1	0.000
Betaine	mg	1.7	1	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	2	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
Amino acids				
Tryptophan	g	0.004	0	0.000
Threonine	g	0.004	0	0.000
Isoleucine	g	0.008	0	0.000
Leucine	g	0.010	0	0.000
Lysine	g	0.008	0	0.000
Methionine	g	0.001	0	0.000
Cystine	g	0.003	0	0.000
Phenylalanine	g	0.011	0	0.000
Tyrosine	g	0.008	0	0.000
Valine	g	0.009	0	0.000
Arginine	g	0.005	0	0.000

Histidine	g	0.001	0	0.000
Alanine	g	0.006	0	0.000
Aspartic acid	g	0.027	0	0.000
Glutamic acid	g	0.018	0	0.000
Glycine	g	0.007	0	0.000
Proline	g	0.090	0	0.000
Serine	g	0.006	0	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)