

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
Proximates				
Water	g	32.39	12	0.357
Energy	kcal	260	0	0.000
Energy	kJ	1088	0	0.000
Protein	g	0.04	8	0.037
Total lipid (fat)	g	0.06	8	0.058
Ash	g	0.47	6	0.000
Carbohydrate, by difference	g	67.04	0	0.000
Fiber, total dietary	g	0.0	1	0.000
Sugars, total	g	60.44	9	5.089
Sucrose	g	58.32	25	3.685
Glucose (dextrose)	g	1.60	22	0.580
Fructose	g	0.52	25	0.218
Lactose	g	0.00	6	0.000
Maltose	g	0.00	6	0.000
Galactose	g	0.00	6	0.000
Minerals				
Calcium, Ca	mg	102	16	6.652
Iron, Fe	mg	0.11	8	0.003

Magnesium, Mg	mg	21	16	0.203
Phosphorus, P	mg	2	3	0.929
Potassium, K	mg	212	16	12.410
Sodium, Na	mg	12	16	4.228
Zinc, Zn	mg	1.47	16	0.772
Copper, Cu	mg	0.018	6	0.000
Manganese, Mn	mg	2.908	16	0.608
Selenium, Se	mcg	0.6	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	1	0.000
Thiamin	mg	0.066	5	0.027
Riboflavin	mg	1.270	5	0.201
Niacin	mg	0.081	5	0.010
Pantothenic acid	mg	0.036	3	0.003
Vitamin B-6	mg	0.002	3	0.002
Folate, total	mcg	0	3	0.167
Folic acid	mcg	0	0	0.000
Folate, food	mcg	0	3	0.167
Folate, DFE	mcg_DFE	0	0	0.000
Choline, total	mg	1.6	0	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	0.007	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	0.006	0	0.000
18:0	g	0.001	0	0.000
Fatty acids, total monounsaturated	g	0.011	0	0.000
16:1 undifferentiated	g	0.000	0	0.000
18:1 undifferentiated	g	0.011	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	0.017	0	0.000
18:2 undifferentiated	g	0.017	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)