

Nutrients in Pure Maple Syrup

Nutrient	Amt per 100 g
Energy (kcal)	260
Protien	0.04g
Calories from Fat	0
Calories from Saturated Fat	0
Total Fat (g)	0g
Saturated Fat (g)	0g
Cholesterol	0 mg
Carbohydrate, by difference (g)	67.04g
Fiber, total dietary (g)	0g
Total Sugars(g)	60.46g
Minerals	
Calcium (mg)	102 mg
Iron (mg)	0.11 mg
Magnesium (mg)	21 mg
Phosphorus (mg)	2 mg
Potassium (mg)	212 mg
Sodium (mg)	12 mg
Zinc (mg)	1.47 mg
Vitamins	
Vitamin C (mg)	0 mg
Thiamin (mg)	0.066 mg
Riboflavin (mg)	1.27 mg
Niacin (mg)	0.081 mg
Vitamin A (mcg)	0 mcg

Last Updated: 1/5/15

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.1.2