

Nutrients in Pure Maple Sugar

Nutrient	Amt per 4g (1 tsp.) Serving Size	% Daily Value per serving size (4 g)	Daily Value (DRV/RDI)
Calories (kcal)	14.6	0%	2000
Calories from Fat	0		
Calories from Saturated Fat	0		
Total Fat (g)	0g	0%	65g
Saturated Fat (g)	0g	0%	20g
Cholesterol	0 mg	0%	300 mg
Sodium (mg)	0.35 mg	0%	2400 mg
Potassium (mg)	9.98 mg	0%	3500 mg
Total Carbohydrate (g)	3.85 g	1%	300 g
Fiber (g)	0g	0%	25 g
Soluble Fiber (g)	0g		
Insoluble Fiber (g)	0g		
Total Sugars(g)	3.85 g		
Other Carbohydrate (g)	0g		
Protien	0g	0%	50 g
Vitamin A (mcg)	0 mcg	0%	5000 IU
Vitamin C (mg)	0 mg	0%	60 mg
Calcium (mg)	3.98 mg	0.00%	1000 mg
Iron (mg)	0.04 mg	0%	18 mg
Thiamin (mg)	0 mg	0.00%	1.5 mg
Niacin (mg)	0 mg	0%	20 mg
Riboflavin (mg)	0 mg		1.7 mg
Magnesium (mg)	0.79 mg	0%	400 mg
Manganese (mg)	0.18 mg		
Phosphorus (mg)	0.18mg		
Zinc (mg)	0.09 mg	0%	15 mg
Vitamin B12 (mcg)	0 mcg		
Vitamin D (mcg)	0 mcg	0%	400 IU
Vitamin E (mg)	0 mg	0%	30 IU