



Roth's Maple Syrup

Quality products for 60 years!

Roth's Maple Syrup
2391 40th Street
Cumberland, WI 54829
715-822-8512

Nutritional Data for 100 grams of MAPLE SYRUP

Mean value per 100.00 grams edible part; 0.0% refuse

Portions: 1 TBSP = 20.00 gm, 1 C = 315.00 gm

0.7% Cals from fat, 0.0% Cals from protein, 99.3% Cals from carbs.

Name	Unit	Amount	Male %RDA	Female %RDA
Food energy	KCal:	262.000	9.0%	11.9%
Protein	Gms :	0.000	0.0%	0.0%
Total lipid (fat)	Gms :	0.200	0.2%	0.3%
Carbohydrate, by diff.	Gms :	67.200	14.3%	20.1%
Cholesterol	Mg :	0.000	0.0%	0.0%
Sodium	Mg :	9.000	1.8%	1.8%
Total dietary fiber	Gms :	0.000	0.0%	0.0%
Vitamin A	Re :	0.000	0.0%	0.0%
Vitamin A	IU :	0.000		
Ascorbic acid	Mg :	0.000	0.0%	0.0%
Thiamin	Mg :	0.006	0.4%	0.5%
Riboflavin	Mg :	0.010	0.6%	0.8%
Niacin	Mg :	0.030	0.2%	0.2%
Vitamin B6	Mg :	0.002	0.1%	0.1%
Folacin	Mcg :	0.000	0.0%	0.0%
Vitamin B12	Mcg :	0.000	0.0%	0.0%
Potassium	Mg :	204.000	10.2%	10.2%
Calcium	Mg :	67.000	8.4%	8.4%
Phosphorus	Mg :	2.000	0.2%	0.2%
Magnesium	Mg :	14.000	4.0%	5.0%
Iron	Mg :	1.200	12.0%	8.0%
Zinc	Mg :	4.160	27.7%	34.7%
Pantothenic acid	Mg :	0.036	0.7%	0.7%
Copper	Mg :	0.074	3.7%	3.7%
Manganese	Mg :	3.298	94.2%	94.2%
Ash	Gms :	0.600		
Water	Gms :	32.000		
Food energy	KJ :	1095.000		

I Steven Anderson verify that the above information is true.

Thank you,

Steven Anderson
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