

Nutrients in Pure Maple Syrup[†]:

Nutrient	Units	100 gram Nutrients (unrounded)	2 tbsp. (30mL) Serving Size (unrounded)	Daily Value (DRV/RDI)	2 tbsp. (30mL) Serving Size (Nutritional Facts)
Water	g	32.15	12.79		
Energy	kcal	270	107		110
Energy	kJ				
Protein	g	0.04	0.02	50	0
Total lipid (fat)	g	0.24	0.10	78	0g, 0%
Ash	g	0.71	0.28		
Carbohydrate, by difference		66.89	26.61	275	27g, 10%
	g				
Fiber, total dietary	g	0	0	28	0g, 0%
Sugars, total	g	59.92	23.84		24g
Added Sugars		The Added Sugars value is the same as the <i>Sugars</i> , <i>total</i> value above.	†	50	48%
	g				
Sucrose	g	58.93	23.44		
Glucose (dextrose)	g	0.65	0.26		
Fructose	g	0.34	0.14		
Lactose	g	0	0		
Maltose	g	0	0		
Galactose	g	0	0		
Minerals					
Calcium, Ca	mg	73	29	1300	30mg, 2%
Iron, Fe	mg	0.11	0.04	18	0mg, 0%
Magnesium, Mg	mg	21	8	420	8mg, 2%
Phosphorus, P	mg	2	1	1250	1mg, 0%
Potassium, K	mg	225	90	4700	90mg, 2%
Sodium, Na	mg	12	5	2300	5mg, 0%
Zinc, Zn	mg	0.7	0.3	11	0.3mg, 2%
Copper, Cu	mg	0.074	0.029	0.9	0.029mg, 4%
Manganese, Mn	mg	2.3	0.9	2.3	0.9mg, 40%
Selenium, Se	µg	0.6	0.2	55	0.2mg, 0%
Vitamins					
Vitamin C, total ascorbic acid	mg	0	0	90	0mg, 0%
Thiamin	mg	0.066	0.026	1.2	1.2mg, 2%
Riboflavin	mg	1.27	0.51	1.3	0.51mg, 40%
Niacin	mg	0.081	0.032	16	0mg, 0%
Pantothenic acid	mg	0.03	0.01	5	0mg, 0%
Vitamin B-6	mg	0.002	0.001	1.7	0mg, 0%
Folate, total	µg	0	0		
Folic acid	µg	0	0		
Folate, food	µg	0	0		
Folate, DFE	µg	0	0	400	0mg, 0%
Choline, total	mg	1.6	0.6	550	
Vitamin B-12	µg	0	0	2.4	0µg, 0%
Vitamin B-12, added	µg	0	0		
Vitamin A, RAE	µg	0	0	900	0µg, 0%
Retinol	µg	0	0		
Carotene, beta	µg	0	0		
Carotene, alpha	µg	0	0		

† One serving adds 24g of sugar to your diet and represents 48% of your Daily Value for Added Sugars.

Explanation for the Added Sugars reference: [The Declaration of Added Sugars on Honey, Maple Syrup, Other Single Ingredient Sugars and Syrups, and Certain Cranberry Products: Guidance for Industry.](#)

Cryptoxanthin, beta	µg	0	0		
Vitamin A, IU	IU	0	0		
Lycopene	µg	0	0		
Lutein + zeaxanthin	µg	0	0		
Vitamin E (alpha-tocopherol)	mg	0	0	15	0mg, 0%
Vitamin E, added	mg	0	0		
Vitamin D (D2 + D3)	µg	0	0	20	0mg, 0%
Vitamin D	IU	0	0		
Vitamin K (phylloquinone)	µg	0	0	120	0mg, 0%
Lipids					
Fatty acids, total saturated	g	0.007	0.00	20	0g, 0%
4:00	g	0	0		
6:00	g	0	0		
8:00	g	0	0		
10:00	g	0	0		
12:00	g	0	0		
14:00	g	0	0		
16:00	g	0.006	0.002		
18:00	g	0	0		
Fatty acids, total monounsaturated	g	0.011	0.004		
16:1 undifferentiated	g	0	0		
18:1 undifferentiated	g	0.011	0.004		
20:01	g	0	0		
22:1 undifferentiated	g	0	0		
Fatty acids, total polyunsaturated	g	0.017	0.007		
18:2 undifferentiated	g	0.017	0.007		
18:3 undifferentiated	g	0	0		
18:04	g	0	0		
20:4 undifferentiated	g	0	0		
20:5 n-3 (EPA)	g	0	0		
22:5 n-3 (DPA)	g	0	0		
22:6 n-3 (DHA)	g	0	0		
Cholesterol	mg	0	0	300	0mg, 0%
Amino Acids					
Other					
Alcohol, ethyl	g	0	0		
Caffeine	mg	0	0		
Theobromine	mg	0	0		

¹Sources: [USDA Food Composition Databases](#), USDA National Nutrient Database for Standard Reference 28 slightly revised May 2016 Software v.2.6.1 & [Canadian Nutrient File \(CNF\)](#), Canadian Nutrient File, 2015