

Granulated Sugar

Nutritional Information

Per 100 grams

Moisture:	0.03%	Phosphorous:	Trace
Calories:	400	Iron:	.05 mg
Protein:	-0-	Potassium:	3.5 mg
Total Fat:	-0-	Sodium:	2.5mg
Saturated:	-0-	Vitamin A, IU:	-0-
Monounsaturated:	-0-	Vitamin A, RE:	-0-
Polyunsaturated:	-0-	Thiamin:	-0-
Cholesterol:	-0-	Riboflavin:	-0-
Carbohydrates:	100 g	Ash	.02%
Sugars:	99	Niacin:	-0-
Calcium:	1.5 mg	Ascorbic Acid:	-0-
Dietary Fiber:	-0-		

Nutrition Data taken from: U.S.D.A "Nutritive Value of Foods" H&G Bulletin No.72 and Agricultural Handbook No. 8.

Revised: 1/28/2013