

Canadian Nutrient File (CNF)

Sweets, syrups, maple, bulk

Food Code : 4326

Nutrient name	Unit	30ml / 41 g	100ml / 136 g	250ml / 340 g
Proximates				
Moisture	g	13.13	43.75	109.39
Ash	g	0.291	0.970	2.426
Protein	g	0.00	0.00	0.00
Total Fat	g	0.10	0.33	0.83
Carbohydrate	g	27.31	91.03	227.58
Alcohol	g	0.0	0.0	0.0
Energy (kcal)	kCal	107	355	888
Energy (kJ)	kJ	446	1488	3719
Other Carbohydrates				
Fibre, total dietary	g	0.0	0.0	0.0
Glucose	g	0.27	0.89	2.21
Fructose	g	0.14	0.46	1.14
Galactose	g	0.00	0.00	0.00
Lactose	g	0.00	0.00	0.00
Sucrose	g	24.06	80.20	200.50
Sugars, total	g	24.46	81.54	203.86
Minerals				
Calcium, Ca	mg	44	148	370
Iron, Fe	mg	0.49	1.63	4.08
Magnesium, Mg	mg	9	28	71
Phosphorus, P	mg	1	3	7
Potassium, K	mg	92	306	765
Sodium, Na	mg	4	12	31
Zinc, Zn	mg	0.29	0.95	2.38
Copper, Cu	mg	0.030	0.101	0.252
Manganese, Mn	mg	0.939	3.130	7.825
Selenium, Se	µg	0.2	0.8	2.0
Vitamins				
Beta carotene	µg	0	0	0
Alpha carotene	µg	0	0	0
Retinol	µg	0	0	0
Retinol activity equivalents, RAE	µg	0	0	0
Folacin, total	µg	0	0	0
Folic acid, synthetic form	µg	0	0	0
Folate, naturally occurring	µg	0	0	0
Dietary folate equivalents, DFE	µg	0	0	0
Niacin	mg	0.033	0.110	0.276
Niacin equivalents	NE	0.033	0.110	0.276
Pantothenic acid	mg	0.012	0.041	0.102

Riboflavin	mg	0.519	1.731	4.328
Thiamin	mg	0.027	0.090	0.225
Vitamin B-6	mg	0.001	0.003	0.007
Vitamin B-12	µg	0.00	0.00	0.00
Choline, total	mg	0.7	2.2	5.4
Vitamin C	mg	0.0	0.0	0.0
Vitamin D	µg	0.000	0.000	0.000
Vitamin K	µg	0.0	0.0	0.0
Tocopherol, alpha	mg	0.00	0.00	0.00
Amino Acids				
Tryptophan	g	0.000	0.000	0.000
Threonine	g	0.000	0.000	0.000
Isoleucine	g	0.000	0.000	0.000
Leucine	g	0.000	0.000	0.000
Lysine	g	0.000	0.000	0.000
Methionine	g	0.000	0.000	0.000
Cystine	g	0.000	0.000	0.000
Phenylalanine	g	0.000	0.000	0.000
Tyrosine	g	0.000	0.000	0.000
Valine	g	0.000	0.000	0.000
Arginine	g	0.000	0.000	0.000
Histidine	g	0.000	0.000	0.000
Alanine	g	0.000	0.000	0.000
Aspartic acid	g	0.000	0.000	0.000
Glutamic acid	g	0.000	0.000	0.000
Glycine	g	0.000	0.000	0.000
Proline	g	0.000	0.000	0.000
Serine	g	0.000	0.000	0.000
Hydroxyproline	g	0.000	0.000	0.000
Lipids				
Fatty acids, saturated, total	g	0.015	0.049	0.122
4:0	g	0.000	0.000	0.000
6:0	g	0.000	0.000	0.000
8:0	g	0.000	0.000	0.000
10:0	g	0.000	0.000	0.000
12:0	g	0.000	0.000	0.000
14:0	g	0.000	0.000	0.000
16:0	g	0.015	0.049	0.122
18:0	g	0.002	0.005	0.014
Fatty acids, monounsaturated, total	g	0.026	0.087	0.218
16:1	g	0.000	0.000	0.000
18:1	g	0.026	0.087	0.218
20:1	g	0.000	0.000	0.000
22:1	g	0.000	0.000	0.000
Fatty acids, polyunsaturated, total	g	0.041	0.136	0.340
18:2	g	0.041	0.136	0.340
18:3	g	0.000	0.000	0.000
18:3n3cccn-3	g	0.000	0.000	0.000
18:3n6cccn-6	g	0.000	0.000	0.000

18:4	g	0.000	0.000	0.000
20:3	g	0.000	0.000	0.000
20:3n-3	g	0.000	0.000	0.000
20:3n-6	g	0.000	0.000	0.000
20:4	g	0.000	0.000	0.000
20:5n-3	g	0.000	0.000	0.000
22:5n-3	g	0.000	0.000	0.000
22:6n-6	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Other components				
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Lutein and zeaxanthin	µg	0	0	0
Lycopene	µg	0	0	0
Beta cryptozanthin	µg	0	0	0

Canadian Nutrient File, 2010

(CFG) - Refers to the serving size based on Eating Well with Canada's Food Guide

Date : Apr 13, 2011