

**Canadian Nutrient File (CNF)**

sweets, syrups, maple, prepackaged

Food Code : 6175

Nutrient name	Unit	30ml / 40 g	100ml / 130 g
<b>Proximates</b>			
Moisture	g	12.84	41.72
Ash	g	0.218	0.708
Protein	g	0.00	0.00
Total Fat	g	0.06	0.19
Carbohydrate	g	26.89	87.38
Alcohol	g	0.0	0.0
Energy (kcal)	kCal	108	351
Energy (kJ)	kJ	452	1468
<b>Other Carbohydrates</b>			
Fibre, total dietary	g	0.0	0.0
Glucose	g	0.24	0.77
Fructose	g	0.13	0.42
Galactose	g	0.00	0.00
Lactose	g	0.00	0.00
Sucrose	g	23.06	74.94
Sugars, total	g	23.44	76.17
<b>Minerals</b>			
Calcium, Ca	mg	29	95
Iron, Fe	mg	0.48	1.56
Magnesium, Mg	mg	9	30
Phosphorus, P	mg	1	3
Potassium, K	mg	86	279
Sodium, Na	mg	5	15
Zinc, Zn	mg	0.80	2.58
Manganese, Mn	mg	1.538	5.000
Selenium, Se	µg	0.2	0.8
<b>Vitamins</b>			
Beta carotene	µg	0	0
Alpha carotene	µg	0	0
Retinol	µg	0	0
Retinol activity equivalents, RAE	µg	0	0
Folacin, total	µg	0	0
Folic acid, synthetic form	µg	0	0
Folate, naturally occurring	µg	0	0
Dietary folate equivalents, DFE	µg	0	0
Niacin	mg	0.066	0.213
Niacin equivalents	NE	0.066	0.213
Pantothenic acid	mg	0.014	0.047
Riboflavin	mg	0.293	0.952
Thiamin	mg	0.007	0.023

Vitamin B-6	mg	0.001	0.003
Vitamin B-12	µg	0.00	0.00
Vitamin C	mg	0.0	0.0
Vitamin D	µg	0.000	0.000
Vitamin K	µg	0.0	0.0
Tocopherol, alpha	mg	0.00	0.00
<b>Amino Acids</b>			
Tryptophan	g	0.000	0.000
Threonine	g	0.000	0.000
Isoleucine	g	0.000	0.000
Leucine	g	0.000	0.000
Lysine	g	0.000	0.000
Methionine	g	0.000	0.000
Cystine	g	0.000	0.000
Phenylalanine	g	0.000	0.000
Tyrosine	g	0.000	0.000
Valine	g	0.000	0.000
Arginine	g	0.000	0.000
Histidine	g	0.000	0.000
Alanine	g	0.000	0.000
Aspartic acid	g	0.000	0.000
Glutamic acid	g	0.000	0.000
Glycine	g	0.000	0.000
Proline	g	0.000	0.000
Serine	g	0.000	0.000
Hydroxyproline	g	0.000	0.000
<b>Lipids</b>			
Fatty acids, saturated, total	g	0.014	0.047
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.000	0.000
12:0	g	0.000	0.000
14:0	g	0.000	0.000
16:0	g	0.014	0.047
18:0	g	0.000	0.001
Fatty acids, monounsaturated, total	g	0.026	0.083
16:1	g	0.000	0.000
18:1	g	0.026	0.083
20:1	g	0.000	0.000
22:1	g	0.000	0.000
Fatty acids, polyunsaturated, total	g	0.040	0.130
18:2	g	0.040	0.130
18:3	g	0.000	0.000
18:3n3cccn-3	g	0.000	0.000
18:3n6cccn-6	g	0.000	0.000
18:4	g	0.000	0.000
20:3	g	0.000	0.000
20:3n-3	g	0.000	0.000
20:3n-6	g	0.000	0.000
20:4	g	0.000	0.000

20:5n-3	g	0.000	0.000
22:5n-3	g	0.000	0.000
22:6n-6	g	0.000	0.000
Cholesterol	mg	0	0
<b>Other components</b>			
Caffeine	mg	0	0
Theobromine	mg	0	0
Lutein and zeaxanthin	µg	0	0
Lycopene	µg	0	0
Beta cryptozanthin	µg	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**