

Nutritional Information

We sell delicious 100% pure maple syrup in a variety of products. Our maple syrup is available in all grades, natural and organic, and a variety of sizes. Pure Maple Syrup is a “natural” food, processed by heat concentration of pure maple sap, which is the nutrient liquid utilized by the plant for the annual growth of its tissues.

SUGARS

Sugars are an important source of energy. The main sugar in pure maple syrup is sucrose, which is the sole sugar in the Grade A Light Amber grade syrups. The darker grades of syrup contain a small and variable amount of fructose and glucose. In order of sweetness, sucrose is less sweet than fructose, but sweeter than glucose.

Maple syrup caloric value is 52 calories per tablespoon, molasses 40, corn syrup 60 and honey is 45.

With a glycemic index of 54, maple syrup is considered a low glycemic product, which means it affects blood sugar to a lesser degree than sugar (GI 58) or honey (GI 87). (source: Summary of Health Benefits of Pure Maple Syrup: Summary of Information Compiled by the International Maple Syrup Institute. Accessed at

http://www.internationalmaplesyrupinstitute.com/uploads/7/0/9/2/7092109/_nutrition_and_health_benefits_of_pure_maple_syrup.pdf on July 31, 2015)

MINERALS

Minerals have specific and nonspecific nutritional functions in the body metabolism. In pure filtered maple syrup the main minerals present are: potassium, calcium, magnesium, sodium, zinc, manganese, phosphorus, iron, and selenium.

Per 60 ml (1/4 cup), in % DV	Maple Syrup	HFCS	Honey	White Sugar	Brown Sugar
Manganese	100	4	3	0	9

Riboflavin	37	4	2	1	0
Zinc	18	0	2	0	1
Magnesium	7	0	1	0	7
Calcium	5	0	0	0	5
Potassium	5	0	1	0	6
Calories	217	220	261	196	211

Oxygen Radical Absorbance Capacity (ORAC) Value of Maple Syrup

ORAC Value per 100g	$\mu\text{mol TE}^2/100\text{g}$	Serving size	$\mu\text{mol TE}^2/\text{serving}$
Brocoli, raw	1362	1 medium (118 g)	1037
Banana, raw	879	1/2 cup (46 g)	627
Carrot, raw	666	1 (72 g)	480
Maple Syrup	600	1/4 cup (60 ml/80 g)	480
Cabbage, raw	508	1 medium (123 g)	415
Tomato, raw	337	1/2 cup (85 g)	268
Cantaloupe	315	1/2 cup (37 g)	188

Percent Daily Value (DV), based on a 2,000 calorie diet:

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 9mg 0%

Protein 0g 0%

Total Carbohydrate 67g 22%

Sugar 60g

Dietary Fiber 0g

Vitamin A 0%

Vitamin C 0%

Calcium 7%

Iron 7%

Based on an average intake of 130 g/day refined sugars and the antioxidant activity measured in typical diets, substituting alternative sweeteners could increase antioxidant intake an average of 2.6 mmol/day, similar to the amount found in a serving of berries or nuts. (1)

For nutrition information for other serving sizes, visit

<http://www.nutritiondata.com/facts-C00001-01c21SM.html>