

NUTRITIONAL VALUE OF PURE MAPLE SYRUP

At Bascom Family Farms 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 containers from 40 ml to 220 gallon totes to tankers. 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

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	μmol TE ² /100g	Serving size	μmol TE ² /serving
Broccoli, raw	1362	1 medium (118 g)	1037
Banana, raw	879	½ cup (46 g)	627
Carrot, raw	666	1 (72 g)	480
Maple Syrup	600	¼ cup (60 ml/80 g)	480
Cabbage, raw	508	1 medium (123 g)	415
Tomato, raw	337	½ cup (85 g)	268
Cantaloupe	315	½ cup (37 g)	188

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

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

• 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%	

For nutrition information for other serving sizes, visit <http://www.nutritiondata.com/facts-C00001-01c215M.html>.

MAPLE SYRUP ALLERGEN STATEMENT

Product Name: **100% Pure Maple Syrup**

Supplier **Bascom Family Farms**

Bascom Family Farms Organic Maple Products contain no known or suspected allergens, sulfites or, any of the following:

- Dairy Products
- Dairy Derivatives
- Egg Products
- Wheat Products
- Corn Products
- Rye Products
- Barley Products
- Oat Products
- Sesame Products
- Soy Products
- Soy Oil
- Safflower Products
- Sunflower Products
- Peanut Products
- Nut & Nut Derivatives
- Monosodium Glutamate
- Hydrolyzed Animal Protein
- Hydrolyzed Plant Protein
- Autolyzed Yeast / Yeast Ext
- Sulfites
- BHA
- BHT
- Tocopherols
- TBHO
- Fish / Shellfish Products
- Beef & Beef Derivatives
- Pork & Pork Derivatives
- Chocolate / Chocolate Derivatives
- FD & C Colors
- 3-MCPD (MPD-DCP)
- Alcohol
- Celery