



**Bascom Maple Farms**  
**MAPLE SUGAR 100g NUTRITIONALS - Unrounded**

<b>Analysis</b>	<b>Result</b>	<b>Units</b>	<b>Method</b>
Calories	395	Cal/100 g	Atwater Calculation Factors
Calories from Fat	<0.5	Cal/100 g	Atwater Calculation Factors
Fat (Total Triglycerides)	<0.10	g/100 g	AOAC 996.06
Saturated Fat	<0.10	g/100 g	AOAC 996.06
Trans Fat	<0.10	g/100 g	AOAC 996.06
Polyunsaturated Fat- cis, cis	<0.10	g/100 g	AOAC 996.06
Monounsaturated Fat - cis	<0.10	g/100 g	AOAC 996.06
Cholesterol	<3.00	mg/100 g	AOAC 994.10
Sodium	2.68	mg/100 g	ICP-OES
Carbohydrate, Total	98.7	g/100 g	Calculation
Dietary Fiber, Total	<1.00	g/100 g	AOAC 991.43
Sugars, Total	97.3	g/100 g	AOAC 982.14 MOD
Protein	<0.20	g/100 g	AOAC 992.15 (Dumas)
Calcium	160	mg/100 g	ICP-OES
Iron	0.29	mg/100 g	ICP-OES
Potassium	331	mg/100 g	ICP-OES
Vitamin D	<1.25	mcg/10 g	AOAC 2011.12 MOD
Moisture	0.34	%	AOAC 925.45A
Ash	0.97	%	AOAC 923.03

\*As announced on September 6, 2018, the FDA has updated "added sugar" requirements for the pure maple industry. Pure maple syrup and pure maple sugar are single-ingredient "packaged as such" products that do not fall under the "added sugar" reporting requirement. If you are using our maple sugar or maple syrup as an ingredient, the amount of "added sugars" the FDA requires to be reported is the same as the "Sugars, Total" line.