



The Sweet Taste of Tradition

GOOD FOOD, INC.

PURITY, QUALITY, AND TRADITION

**GOLDEN · B A R R E L
BAKING PRODUCTS**

Blackstrap Molasses

Nutrients per 100g as is (Wet Basis)

Calories	263.85 Kcal
Fat.....	0.0 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Protein.....	2.65 g
Carbohydrate.....	65.1 g
Fiber.....	0.5 g
Total Sugars.....	47.4 g
*Added Sugars.....	47.4 g

Minerals:

Calcium.....	727.85mg
Iron.....	9.1 mg
Sodium.....	71.9 mg
Potassium.....	1806.7 mg

Vitamins:

Vitamin A.....	0 IU
Vitamin C.....	0 mg
Vitamin D.....	0 mg
Niacin.....	0.5 mg
Thiamine.....	0 mg
Riboflavin.....	0 mg

Ingredients: Molasses

*These added sugars are only sugars inherent to the molasses. We are not adding sugar to the product, but by definition these will be added sugars in a finished good containing molasses.