



*The Sweet Taste of Tradition*

**GOOD FOOD, INC.**

PURITY, QUALITY, AND TRADITION

**GOLDEN · BARR EL  
BAKING PRODUCTS**

## Blackstrap Molasses

### Nutrients per 100g as is (Wet Basis)

|                    |          |
|--------------------|----------|
| Calories .....     | 306 Kcal |
| Fat.....           | 0.5 g    |
| Saturated Fat..... | 0 g      |
| Trans Fat.....     | 0 g      |
| Cholesterol.....   | 0 mg     |
| Protein.....       | 3.12 g   |
| Carbohydrate.....  | 67.5 g   |
| Fiber.....         | 0.5 g    |
| Total Sugars.....  | 50.3 g   |
| *Added Sugars..... | 50.3 g   |

#### Minerals:

|                |         |
|----------------|---------|
| Calcium.....   | 965 mg  |
| Iron.....      | 12.9 mg |
| Sodium.....    | 144 mg  |
| Potassium..... | 2220 mg |
| Magnesium..... | 207 mg  |
| Manganese..... | 0.8 mg  |
| Copper.....    | 1.21 mg |
| Zinc.....      | 0.6 mg  |

#### Vitamins:

|                |      |
|----------------|------|
| Vitamin D..... | 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.

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