



The Sweet Taste of Tradition

GOOD FOOD, INC.

PURITY, QUALITY, AND TRADITION

**G O L D E N · B A R R E L
BAKING PRODUCTS**

Organic Molasses

Nutrients per 100g as is (Wet Basis)

Calories	270.0 Kcal
Fat.....	0.0 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Carbohydrate.....	65.0 g
Fiber.....	2 g
Total Sugars.....	45.0 g
*Added Sugars.....	45.0 g

Minerals:

Calcium.....	1130 mg
Iron.....	23.5 mg
Sodium.....	122.3 mg
Potassium.....	1670 mg

Vitamins:

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

Ingredients: Organic Blackstrap 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.