



DUTCH GOLD

ESTD. **PURE HONEY** 1946

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NUTRITIONAL INFORMATION

HONEY

(per 100 g)

Calories	304.0
Protein	0.3 (g)
Carbohydrates	82.4 (g)
Dietary Fiber	0.2 (g)
Soluble Fiber	0.0 (g)
Insoluble Fiber	0.0 (g)
Sugar (total)	82.1 (g)
Added Sugars	82.1 (g)
Other carbohydrates	0.0 (g)
Fat (total)	0.0 (g)
Saturated fat	0.0 (g)
Mono Fat	0.0 (g)
Poly fat	0.0 (g)
<u>Trans Fatty Acids*</u>	0.0 (g)
Cholesterol	0.0 (mg)
Water	17.1 (g)
Vitamin A IU	0.0 (mcg RAE)
Thiamin-B1	0.0 (mg)
Riboflavin - B2	0.04 (mg)
Niacin - B3	0.12 (mg NE)
Vitamin B6	0.02 (mg)
Vitamin B12	0.0 (mcg)
Vitamin C	0.5 (mg)
Vitamin D IU	0.0 (mcg)
Vitamin E IU	0.0 (mcg)
Folate	2.00 (mcg DFE)
Pantothenic Acid	< 0.25 (mg)
Calcium	6.0 (mg)
Iron	0.42 (mg)
Magnesium	2.0 (mg)
Manganese	0.08 (mg)
Phosphorus	4.0 (mg)
Potassium	52.0 (mg)
Sodium	4.0 (mg)
Zinc	0.22 (mg)
Omega 3 fatty acids	0.0 (g)
Omega 6 fatty acids	0.0 (g)
Alcohol*	0.0 (g)

Source USDA ARS-NAL Nutrient Data Base Release 28

Revised / Reviewed January 2023