



The Sweet Taste of Tradition

GOOD FOOD, INC.

PURITY, QUALITY, AND TRADITION

**GOLDEN · BARR EL
BAKING PRODUCTS**

Supreme Baking Molasses

Nutrients per 100g as is (Wet Basis)

Calories	306.65 Kcal
Fat.....	0.05 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Protein.....	1.02 g
Carbohydrate.....	76.57 g
Fiber.....	0.17 g
Total Sugars.....	72.29 g
*Added Sugars.....	72.29 g

Minerals:

Calcium.....	190.65 mg
Iron.....	3.5 mg
Sodium.....	47 mg
Potassium.....	1092.3 mg

Vitamins:

Vitamin A.....	0 IU
Vitamin C.....	0 mg
Vitamin D.....	0 mg
Niacin.....	0.33 mg
Thiamine.....	0 mg
Riboflavin.....	0.1 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.

Date Issued: 07/11/19
Supersedes: 09/09/16
Revision: 3
By: Mike Obert