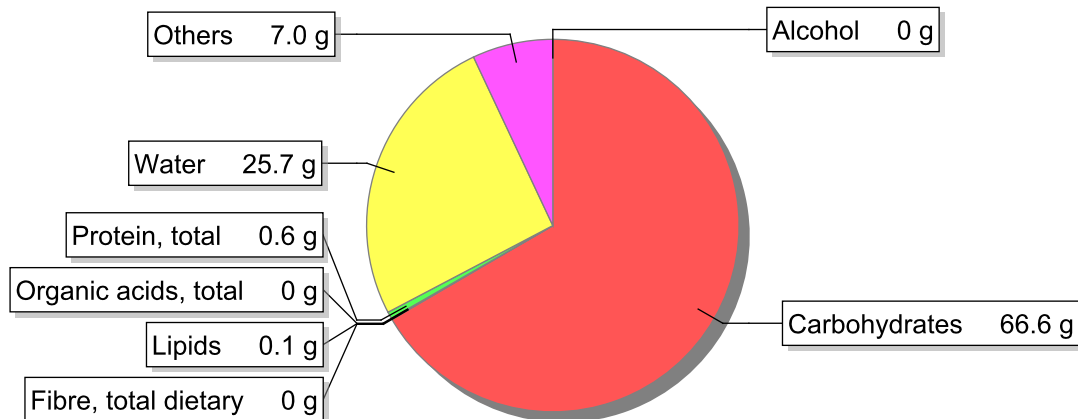


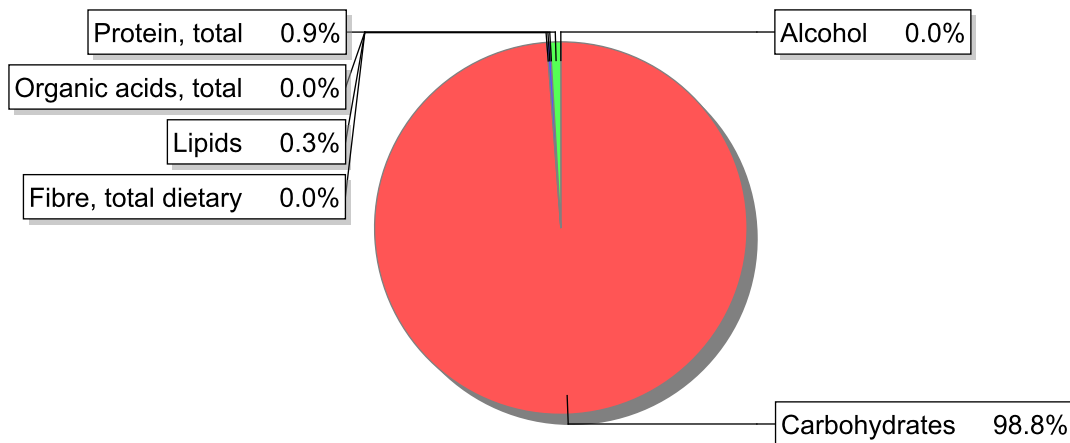
Food

Name: Molasses
Group: Sugar, sugared products and honey
Subgroup: Sugar
Edible Part: 100%
Code:
FoodEX2 Code: A033S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	269	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	0	g	654
fatty acids, total monounsaturated	0	g	654
fatty acids, total polyunsaturated	0	g	654
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	57.8	g	
sucrose	33.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	8.8	g	
starch, total	0	g	654
protein, total	0.6	g	649, 654
alcohol	0	g	649, 654
water	25.7	g	649, 654
organic acids, total	0	g	
cholesterol	0	mg	649, 654
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	649, 654
alpha-tocopherol	0.41	mg	
thiamin	0.06	mg	649, 654
riboflavin	0.1	mg	654
niacin, preformed	0.45	mg	649, 654
niacin equivalents, total	0.45	mg	
niacin equivalents from tryptophan	0	mg	649
vitamin B-6, total	0.34	mg	649, 654
vitamin B-12	0	µg	649, 654
vitamin C	0	mg	649, 654
folate, total	0	µg	649, 654
iodide	0	µg	654
sodium	67	mg	649, 654
potassium	1470	mg	649, 654
calcium	360	mg	649, 654
phosphorus	31	mg	649, 654
magnesium	190	mg	649, 654
iron, total	7	mg	649, 654
zinc	0.6	mg	649, 654

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).
654	Swiss Food Composition Database, V3.01, FoodExplorer