

Full Report (All Nutrients) 19296, Honey

Report Date: July 19, 2016 06:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.68 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 339g	1 tbsp 21g	1 packet (0.5 oz) 14g
Proximates							
Water	g	17.10	509	0.071	57.97	3.59	2.39
Energy	kcal	304	--	--	1031	64	43
Energy	kJ	1272	--	--	4312	267	178
Protein	g	0.30	508	0.007	1.02	0.06	0.04
Total lipid (fat)	g	0.00	3	0.002	0.00	0.00	0.00
Ash	g	0.20	508	0.009	0.68	0.04	0.03
Carbohydrate, by difference	g	82.40	--	--	279.34	17.30	11.54
Fiber, total dietary	g	0.2	--	--	0.7	0.0	0.0
Sugars, total	g	82.12	--	--	278.39	17.25	11.50
Sucrose 1 2	g	0.89	9	0.245	3.02	0.19	0.12
Glucose (dextrose) 1 2 3	g	35.75	1	--	121.19	7.51	5.00
Fructose 1 2 3	g	40.94	1	--	138.79	8.60	5.73
Maltose 1 2	g	1.44	9	0.307	4.88	0.30	0.20
Galactose 4	g	3.10	1	--	10.51	0.65	0.43
Minerals							
Calcium, Ca	mg	6	13	0.396	20	1	1
Iron, Fe	mg	0.42	14	0.110	1.42	0.09	0.06
Magnesium, Mg	mg	2	14	0.159	7	0	0
Phosphorus, P	mg	4	13	0.348	14	1	1
Potassium, K	mg	52	14	9.923	176	11	7
Sodium, Na	mg	4	14	0.560	14	1	1
Zinc, Zn	mg	0.22	12	0.042	0.75	0.05	0.03

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 339g	1 tbsp 21g	1 packet (0.5 oz) 14g
Copper, Cu	mg	0.036	14	0.008	0.122	0.008	0.005
Manganese, Mn	mg	0.080	14	0.026	0.271	0.017	0.011
Selenium, Se	µg	0.8	2	--	2.7	0.2	0.1
Fluoride, F 5	µg	7.0	9	--	23.7	1.5	1.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.5	4	0.141	1.7	0.1	0.1
Thiamin	mg	0.000	1	--	0.000	0.000	0.000
Riboflavin	mg	0.038	4	0.012	0.129	0.008	0.005
Niacin	mg	0.121	4	0.025	0.410	0.025	0.017
Pantothenic acid	mg	0.068	4	0.009	0.231	0.014	0.010
Vitamin B-6	mg	0.024	4	0.005	0.081	0.005	0.003
Folate, total	µg	2	1	--	7	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	1	--	7	0	0
Folate, DFE	µg	2	--	--	7	0	0
Choline, total 6	mg	2.2	1	--	7.5	0.5	0.3
Betaine 6	mg	1.7	1	--	5.8	0.4	0.2
Vitamin B-12	µg	0.00	1	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	1	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 7 8	µg	0.0	2	--	0.0	0.0	0.0

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 339g	1 tbsp 21g	1 packet (0.5 oz) 14g
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	1	--	0	0	0
Amino Acids							
Tryptophan	g	0.004	--	--	0.014	0.001	0.001
Threonine	g	0.004	--	--	0.014	0.001	0.001
Isoleucine	g	0.008	--	--	0.027	0.002	0.001
Leucine	g	0.010	--	--	0.034	0.002	0.001
Lysine	g	0.008	--	--	0.027	0.002	0.001
Methionine	g	0.001	--	--	0.003	0.000	0.000
Cystine	g	0.003	--	--	0.010	0.001	0.000
Phenylalanine	g	0.011	--	--	0.037	0.002	0.002
Tyrosine	g	0.008	--	--	0.027	0.002	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 339g	1 tbsp 21g	1 packet (0.5 oz) 14g
Valine	g	0.009	--	--	0.031	0.002	0.001
Arginine	g	0.005	--	--	0.017	0.001	0.001
Histidine	g	0.001	--	--	0.003	0.000	0.000
Alanine	g	0.006	--	--	0.020	0.001	0.001
Aspartic acid	g	0.027	--	--	0.092	0.006	0.004
Glutamic acid	g	0.018	--	--	0.061	0.004	0.003
Glycine	g	0.007	--	--	0.024	0.001	0.001
Proline	g	0.090	--	--	0.305	0.019	0.013
Serine	g	0.006	--	--	0.020	0.001	0.001
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

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