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FoodData Central Search Results

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Sweetener, syrup, agave

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy
Food Category: Sweets
FDC ID: 170277
NDB Number: 19912
FDC Published: 4/1/2019

Nutrients

Measures

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	22.9	g	Analytical	3		22.7	23.2		
Energy	310	kcal	Calculated						
Energy	1300	kJ	Calculated						
Protein	0.09	g	Analytical	3		0.09	0.09		
Total lipid (fat)	0.45	g	Analytical	3		0.44	0.47		
Ash	0.14	g	Analytical	3		0.11	0.18		
Carbohydrate, by difference	76.4	g	Calculated						
Fiber, total dietary	0.2	g	Analytical	3		0.2	0.2		
Total Sugars	68	g	Analytical	3		64.1	70.5		
Sucrose	0	g	Analytical	3		0	0		
Glucose	12.4	g	Analytical	3		7.86	17.2		
Fructose	55.6	g	Analytical	3		47	62.6		
Lactose	0	g	Analytical	3		0	0		
Maltose	0	g	Analytical	3		0	0		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Galactose	0	g	Analytical	3		0	0		
Calcium, Ca	1	mg	Analytical	2		1	1		
Iron, Fe	0.09	mg	Analytical	3		0.05	0.13		
Magnesium, Mg	1	mg	Analytical	3		0	2		
Phosphorus, P	1	mg	Analytical	3		0	1		
Potassium, K	4	mg	Analytical	3		2	6		
Sodium, Na	4	mg	Analytical	3		2	7		
Zinc, Zn	0.01	mg	Analytical	3		0.01	0.01		
Copper, Cu	0.009	mg	Analytical	3		0.009	0.009		
Manganese, Mn	0.005	mg	Analytical	3		0.005	0.005		
Selenium, Se	1.7	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin C, total ascorbic acid	17	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Thiamin	0.122	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Riboflavin	0.165	mg	Based on another form of the food or similar food;						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			Concentration adjustment; Solids; Retention factors not used						
Niacin	0.689	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin B-6	0.234	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Folate, total	30	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Folic acid	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Folate, food	30	µg	Based on another form of the food or similar food; Concentration						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			adjustment; Solids; Retention factors not used						
Folate, DFE	30	µg	Calculated						
Choline, total	13.3	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin B-12	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin B-12, added	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin A, RAE	8	µg	Calculated						
Retinol	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Carotene, beta	94	µg	Based on another form of the food or similar food; Concentration adjustment;						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			Solids; Retention factors not used						
Carotene, alpha	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Cryptoxanthin, beta	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin A, IU	156	IU	Calculated						
Lycopene	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Lutein + zeaxanthin	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin E (alpha-tocopherol)	0.98	mg	Based on another form of the food or similar food; Concentration						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			adjustment; Solids; Retention factors not used						
Vitamin E, added	0	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin D (D2 + D3), International Units	0	IU	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin D (D2 + D3)	0	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Vitamin K (phylloquinone)	22.5	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Fatty acids, total saturated	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
SFA 4:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 6:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 8:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 10:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 12:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 14:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 16:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
SFA 18:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Fatty acids, total monounsaturated	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
MUFA 16:1	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
MUFA 18:1	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
MUFA 20:1	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
MUFA 22:1	0	g	Based on another form of the food or similar food;						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			Concentration adjustment; Solids; Retention factors not used						
Fatty acids, total polyunsaturated	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 18:2	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 18:3	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 18:4	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 20:4	0	g	Based on another form of the food or similar food; Concentration						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			adjustment; Solids; Retention factors not used						
PUFA 20:5 n-3 (EPA)	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 22:5 n-3 (DPA)	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
PUFA 22:6 n-3 (DHA)	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used						
Cholesterol	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Alcohol, ethyl	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Caffeine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

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