



**Food ID:** M048

**Food name and Description:** Syrup, molasses, cane

**Scientific name:**

**Alternate/Common name(s):** Pulot

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29.6
Energy, calculated (kcal)	260
Protein (g)	1.8
Total Fat (g)	0.4
Carbohydrate, total (g)	62.4
Ash, total (g)	5.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	-

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	470
Phosphorus, P (mg)	85
Iron, Fe (mg)	17.5
Sodium, Na (mg)	33

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0