



Nutritional Information – Honey

Nutrient

Water	3.6g	17.1g
Total Carbohydrates	17.3g	82.4g
Fructose	8.1g	38.5g
Glucose	6.5g	31.0g
Maltose	1.5g	7.2g
Sucrose	0.3g	1.5g

Information for nutritional labeling*

Total Calories	64	304
(kilocalories)		
Total Calories	0	0
(kilocalories)(from Fat)		
Total Fat	0	0
Saturated Fat	0	0
Cholesterol	0	0
Sodium	0.6mg	2.85mg
Total Carbohydrates	17g	81g
Sugars	16g	76g
Dietary Fiber	0	0
Protein	0.15mg	0.7mg

Vitamins

Thiamin	<0.002mg	<0.01mg
Riboflavin	<0.06mg	<0.3mg
Niacin	<0.06mg	<0.3mg
Pantothenic Acid	<0.05mg	<0.25mg
Vitamin B-6	<0.005mg	<0.002mg
Folate	<0.002mg	<0.01mg
Vitamin C	0.1mg	0.5mg
Vitamin B-12	not available	not available
Vitamin A	0	0
Vitamin D	0	0
Vitamin E	0	0

Minerals

Calcium	1.0mg	4.8mg
Iron	0.05mg	0.25mg
Zinc	0.03mg	0.15mg
Potassium	11.0mg	50.0mg
Phosphorous	1.0mg	5.0mg
Magnesium	0.4mg	2.0mg
Selenium	0.002mg	0.01mg
Copper	0.01mg	0.05mg
Chromium	0.005mg	0.02mg
Manganese	0.03mg	0.15mg

Ash	0.04g	0.2g
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*Contains less than 2% of the Daily Value for vitamin A, vitamin C, iron and calcium