Did you know?

MAPLE SYRUP IS A SUPERFOOD SWEETENER

SUPER FOOD

1/4 cup of maple syrup contains same amount of antioxidants as a raw carrot or cabbage

*Maple syrup contains approximately 450-600 umol TE²/100g ***

Rich in minerals such as calcium, potassium, manganese, phosphorus and iron

Contains vitamins B2, B5, B6, niacin and folic acid

USDA ORGANIC · VEGAN FRIENDLY · GF · cRc KOSHER 730

*% of Recommended Daily Value (DV) per 1/4 cup (60ml)**	MAPLE SYRUP *1/4 cup/ 80g*		HONEY *1/4 cup/85g*		BROWN SUGAR *1/4 cup/55g*		WHITE SUGAR *1/4 cup/51g*		HFCS *HIGH FRUCTOSE CORN SYRUP* *1/4 cup/78g*	
	% DV	mg	% DV	mg	% DV	mg	% DV	mg	% DV	mg
Riboflavin	37	0.59	2	0.03	0	0.0	1	0.01	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	2	0.04	0	0.0	4	0.07
Zinc	6	0.58	2	0.19	0	0.02	0	0.0	0	0.02
Magnesium	7	16.5	1	1.75	2	5.0	0	0.0	0	0.0
Calcium	5	58.0	0	5.0	4	45.8	0	0.48	0	0.0
Iron	1	0.09	3	0.36	3	0.39	0	0.03	0	0.02
Selenium	1	0.4µg	1	0.66µg	1	0.65µg	1	0.3µg	1	0.55µg
Potassium	5	167	1	44.0	2	73.3	0	0.96	0	0.0
Calories	216		261		216		196		220	

*Source: USDA Nutrient Database and Canadian Nutrient File | Notes: Figures shown represent the overall minimum values for minerals, nutrients and the maximum for calories reported. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet. | **Source: "The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide" - www.ncbi.nlm.nih.gov/pmc/articles/PMC2841576/

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