

Sugars, granulated [sucrose]

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Serving size: 100 grams

<https://nutritiondata.self.com/facts/sweets/5592/2>

FOOD SUMMARY

Nutrition facts label for Sugars, granulated [sucrose]

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[Download Printable Label Image](#)

Nutritional Target Map [What is this?](#)

Nutritional Target Map for Sugars, granulated [sucrose]

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1.3	
1.1	
Fullness Factor	ND Rating

NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium.

The bad: A large portion of the calories in this food come from sugars.

Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Sugars, granulated [sucrose]

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100%	0%	0%
Carbs	Fats	Protein



NUTRIENT BALANCE

Nutrient Balance Indicator for Sugars, granulated [sucrose]

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[What is this?](#)

PROTEIN QUALITY

Protein Quality for Sugars, granulated [sucrose]

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[What is this?](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	387 (1620 kJ)	19%
From Carbohydrate	387 (1620 kJ)	
From Fat	0.0 (0.0 kJ)	
From Protein	0.0 (0.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.0 g	0%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
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From Carbohydrate	0.0 (0.0 kJ)
From Fat	0.0 (0.0 kJ)
From Protein	0.0 (0.0 kJ)
From Alcohol	0.0 (0.0 kJ)

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	100.0 g	33%
Dietary Fiber	0.0 g	0%
Starch	~	
Sugars	99.9 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	0.0 mg	
Total Omega-6 fatty acids	0.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	1%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	0%
Folate	0.0 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	0.0 mg	
Betaine	~	

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	1.0 mg	0%
Iron	0.0 mg	0%
Magnesium	0.0 mg	0%
Phosphorus	0.0 mg	0%
Potassium	2.0 mg	0%
Sodium	0.0 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	0%
Manganese	0.0 mg	0%
Selenium	0.6 mcg	1%
Fluoride	1.0 mcg	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

[More details ▼](#)

Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	0.0 g	
Ash	0.0 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	