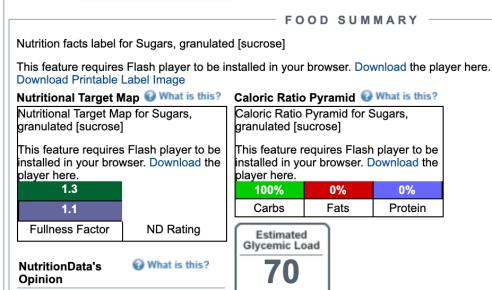
# Sugars, granulated [sucrose]

Serving size: 100 grams \$

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

Add to Tracking
Add to Compare
Create Recipe
Add to My Foods



Typical target total

is 100/day or less

What is this?

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

The good: This food is very low in

Saturated Fat, Cholesterol and Sodium.

Weight loss:

Weight gain:

Optimum health:

## NUTRIENT BALANCE -

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Nutrient Balance Indicator for Sugars, granulated [sucrose]

This feature requires Flash player to be installed in your browser. Download the player here.

Completeness Score

What is this?

## PROTEIN QUALITY

Protein Quality for Sugars, granulated [sucrose]

This feature requires Flash player to be installed in your browser. Download the player here.

0
Amino Acid Score

What is this?

## NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information			
Amounts Per Selected	%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

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From Fat	0.0 (0.0 kJ)	
From Protein	0.0 (0.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

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 ▼

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	

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 ▼

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	