

# Molasses

<https://nutritiondata.self.com/facts/sweets/5573/2>

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Serving size: 100 grams

## FOOD SUMMARY

Nutrition facts label for Molasses

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

Nutritional Target Map for Molasses

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1.4	
2.4	
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. It is also a good source of Vitamin B6 and Potassium, and a very good source of Magnesium and Manganese.

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

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

Caloric Ratio Pyramid for Molasses

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100%	0%	0%
Carbs	Fats	Protein



## NUTRIENT BALANCE

Nutrient Balance Indicator for Molasses

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32
Completeness Score

[What is this?](#)

## PROTEIN QUALITY

Protein Quality for Molasses

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0
Amino Acid Score

[What is this?](#)

## NUTRITION INFORMATION

Amounts per 100 grams

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	290 (1214 kJ)	14%
From Carbohydrate	289 (1210 kJ)	
From Fat	0.8 (3.3 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.0 g	0%

[More details](#)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	290 (1214 kJ)	14%
From Carbohydrate	289 (1210 kJ)	
From Fat	0.8 (3.3 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
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	0.0 IU	0%
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	3%
Riboflavin	0.0 mg	0%
Niacin	0.9 mg	5%
Vitamin B6	0.7 mg	34%
Folate	0.0 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.8 mg	8%
Choline	13.3 mg	
Betaine	~	

[More details ▾](#)

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	74.7 g	25%
Dietary Fiber	0.0 g	0%
Starch	~	
Sugars	55.5 g	

[More details ▾](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	50.0 mg	

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

[More details ▾](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	205 mg	20%
Iron	4.7 mg	26%
Magnesium	242 mg	61%
Phosphorus	31.0 mg	3%
Potassium	1464 mg	42%
Sodium	37.0 mg	2%
Zinc	0.3 mg	2%
Copper	0.5 mg	24%
Manganese	1.5 mg	77%
Selenium	17.8 mcg	25%
Fluoride	~	

### 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	21.9 g	
Ash	3.3 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	