

Syrups, corn, light

<https://nutritiondata.self.com/facts/sweets/5599/2>

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Serving size: 100 grams

FOOD SUMMARY

Nutrition facts label for Syrups, corn, light

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

Nutritional Target Map for Syrups, corn, light

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1.4	
1.1	
Fullness Factor	ND Rating

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

Caloric Ratio Pyramid for Syrups, corn, light

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99%	1%	0%
Carbs	Fats	Protein

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

- Weight loss: ★★★★★
- Optimum health: ★★★★★
- Weight gain: ★★★★★

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

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

Estimated Glycemic Load

44

0 250

Typical target total is 100/day or less

[What is this?](#)

NUTRIENT BALANCE

Nutrient Balance Indicator for Syrups, corn, light

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1

Completeness Score

[What is this?](#)

PROTEIN QUALITY

Protein Quality for Syrups, corn, light

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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	283 (1185 kJ)	14%
From Carbohydrate	281 (1176 kJ)	
From Fat	1.8 (7.5 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

Calorie Information

Amounts Per Selected Serving		%DV
Calories	283 (1185 kJ)	14%
From Carbohydrate	281 (1176 kJ)	
From Fat	1.8 (7.5 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	0.1 mg	4%
Riboflavin	0.0 mg	0%
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 ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	76.8 g	26%
Dietary Fiber	0.0 g	0%
Starch	~	
Sugars	26.8 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
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 ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	13.0 mg	1%
Iron	0.0 mg	0%
Magnesium	1.0 mg	0%
Phosphorus	0.0 mg	0%
Potassium	1.0 mg	0%
Sodium	62.0 mg	3%
Zinc	0.4 mg	3%
Copper	0.0 mg	0%
Manganese	0.0 mg	0%
Selenium	0.7 mcg	1%
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	22.8 g	
Ash	0.2 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	