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NUTRITION FACT SHEET

USDA Grade A Honey

(average amounts per 100 grams*)

Total Calories	304
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	2.85 mg
Total Carbohydrates	81 g
Sugars	76 g
Dietary Fiber	0
Protein	0.7 mg
Vitamin A	0
Vitamin C	0.5 mg
Calcium	4.8 mg
Iron	0.25 mg
Zinc	0.15 mg
Potassium	50 mg
Phosphorous	5 mg
Magnesium	2 mg
Ash	0.2 g

The nutrient data provided above is based on information from the National Honey Board's publication "Honey, A Reference Guide to Nature's Sweetener"