



The Western Sugar Cooperative

(Grower Owned)

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Light and Dark Brown Sugar

Nutrition Information (per 100g)

calories,	388.0
moisture, %	3.0
total fat, g*	0.0
cholesterol, mg	0.0
carbohydrate, total, %	97.0
sugar, sugar alcohol's	95.1
complex carbohydrates	1.9
dietary fiber, g	0.4
protein, g	0.0
sodium, mg	35.0
potassium, mg	12.0
calcium, mg	150.0
magnesium, mg	0.0
iron, mg	0.6
phosphorous, mg	0.6
Vitamin A, IU	0.0
Vitamin C, mg	0.0
Vitamin D, IU	0.0
Vitamin E, IU	0.0
Thiamine, mg	0.0
Riboflavin, mg	0.0
Niacin, mg	0.0

* "not a significant source of *trans* fat."