

Nutrition Information

June 12, 2023

Honey

100 g

Name	Amount	Unit
Water	17.1	g
Energy	304	kcal
Protein	0.3	g
Total lipid (fat)	0	g
Carbohydrate, by difference	82.4	g
Fiber, total dietary	0.2	g
Sugars, total including NLEA	82.12	g
Calcium, Ca	6	mg
Iron, Fe	0.42	mg
Magnesium, Mg	2	mg
Phosphorus, P	4	mg
Potassium, K	52	mg
Sodium, Na	4	mg
Zinc, Zn	0.22	mg
Copper, Cu	0.036	mg
Selenium, Se	0.8	µg
Vitamin C, total ascorbic acid	0.5	mg
Thiamin	0	mg
Riboflavin	0.038	mg
Niacin	0.121	mg
Vitamin B-6	0.024	mg
Folate, total	2	µg
Folic acid	0	µg

Folate, food	2	µg
Folate, DFE	2	µg
Choline, total	2.2	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	0	µg
Retinol	0	µg
Carotene, beta	0	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	0	µg
Vitamin E (alpha-tocopherol)	0	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	0	µg
Fatty acids, total saturated	0	g
4:00	0	g
6:00	0	g
8:00	0	g
10:00	0	g
12:00	0	g
14:00	0	g
16:00	0	g
18:00	0	g
Fatty acids, total monounsaturated	0	g
16:01	0	g
18:01	0	g
20:01	0	g
22:01	0	g

Fatty acids, total polyunsaturated	0	g
18:02	0	g
18:03	0	g
18:04	0	g
20:04	0	g
20:5 n-3 (EPA)	0	g
22:5 n-3 (DPA)	0	g
22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

Below is the Nutrition Facts Panel set by the most current guidance from the FDA. This guidance is for pure honey and pure maple syrup, other size containers are equivalent except for the “Servings per Container” statement

Contains Nonbinding Recommendations

Illustration of Nutrition Facts label for pure honey, pure maple syrup, or other single-ingredient sugars or syrups with “†” symbol leading to a footnote⁶

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%[†]
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
[†] One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.	

Servings per container for our current offerings (all based on 21g/serving):

8 oz.	10 Servings per container
12 oz.	16 Servings per container
16 oz.	22 Servings per container
24 oz.	32 Servings per container
32 oz.	43 Servings per container
40 oz.	54 Servings per container
3 lb (48 oz.)	65 Servings per container
5 lb. (80 oz.)	108 Servings per container