



# The Western Sugar Cooperative

(Grower Owned)

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## Powdered Sugar

### Nutrition Information (per 100g)

<b>calories,</b>	<b>400.0</b>
<b>moisture, %</b>	<b>0.1</b>
<b>total fat, g *</b>	<b>0.0</b>
<b>cholesterol, mg</b>	<b>0.0</b>
<b>carbohydrate, total, %</b>	<b>99.9</b>
<b>sugar, sugar alcohol's</b>	<b>97.1</b>
<b>complex carbohydrates</b>	<b>2.8</b>
<b>dietary fiber, g</b>	<b>0.2</b>
<b>protein, g</b>	<b>0.0</b>
<b>sodium, mg</b>	<b>1.1</b>
<b>potassium, mg</b>	<b>0.3</b>
<b>calcium, mg</b>	<b>0.4</b>
<b>magnesium, mg</b>	<b>0.0</b>
<b>iron, mg</b>	<b>0.2</b>
<b>phosphorous, mg</b>	<b>0.5</b>
<b>Vitamin A, IU</b>	<b>0.0</b>
<b>Vitamin C, mg</b>	<b>0.0</b>
<b>Vitamin D, IU</b>	<b>0.0</b>
<b>Vitamin E, IU</b>	<b>0.0</b>
<b>Thiamine, mg</b>	<b>0.0</b>
<b>Riboflavin, mg</b>	<b>0.0</b>
<b>Niacin, mg</b>	<b>0.0</b>

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