



Western Sugar Cooperative
(Grower Owned)

7555 E. Hampden Ave., Suite 600
Denver, Colorado 80231
Telephone: (303) 830-3939

Brown (Light and Dark) Sugar

Nutritional Information (per 100g)

Calories	388.0
Moisture, %	3.0
Total fat, g*	0.0
Cholesterol, mg	0.0
Carbohydrates, total, %	97.0
Added Sugar	95.1
Complex carbohydrates	1.9
Dietary fiber, g (soluble and insoluble)	0.4
Protein, g	0.0
Ash, mg	197.6
Sodium, mg	35.0
Potassium, mg	12.0
Calcium, mg	150.0
Magnesium, mg	0.0
Phosphorous, mg	0.6
Iron, 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

K,Na,Ca,Mg,P are all sources of Ash and will add up to 197.6 mg

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