



# Honey

## FOOD SUMMARY

### Nutrition Facts

Serving Size 339 g

**Amount Per Serving**  
**Calories 1031**      Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 14mg	1%
<b>Total Carbohydrate</b> 279g	93%
Dietary Fiber 1g	3%
Sugars 278g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 3%	
Calcium 2% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[NutritionData.com](http://NutritionData.com)

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### Nutritional Target Map



### Caloric Ratio Pyramid



### NutritionData's Opinion

Weight loss:

Optimum health:

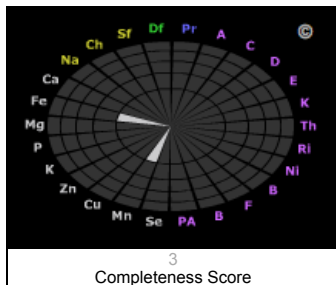
Weight gain:

The good: This food is very low in Saturated Fat, Cholesterol and Sodium.

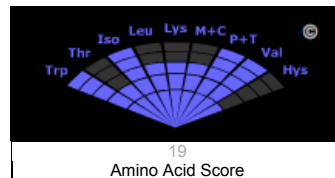
The bad: A large portion of the calories in this food come from sugars.

# 169

## NUTRIENT BALANCE



## PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

## NUTRITION INFORMATION

Amounts per 1 cup (339g)

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	1031 (4317 kJ)	52%
From Carbohydrate	1027 (4300 kJ)	
From Fat	0.0 (0.0 kJ)	
From Protein	3.4 (14.2 kJ)	
From Alcohol	0.0 (0.0 kJ)	

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	279 g	93%
Dietary Fiber	0.7 g	3%
Starch	~	
Sugars	278 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	0.0 mg	
Total Omega-6 fatty acids	0.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	1.0 g	2%

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	1.7 mg	3%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.1 mg	8%
Niacin	0.4 mg	2%
Vitamin B6	0.1 mg	4%
Folate	6.8 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	7.5 mg	
Betaine	5.8 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	20.3 mg	2%
Iron	1.4 mg	8%
Magnesium	6.8 mg	2%
Phosphorus	13.6 mg	1%
Potassium	176 mg	5%
Sodium	13.6 mg	1%
Zinc	0.7 mg	5%
Copper	0.1 mg	6%
Manganese	0.3 mg	14%
Selenium	2.7 mcg	4%
Fluoride	23.7 mcg	

**Sterols**

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

**Other**

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	58.0 g	
Ash	0.7 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

**Footnotes for Honey**

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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