

Sorghum Syrup's Nutrient Profile (30 mL RACC)

Formula: Nutrient Amount per 100 grams x 0.3 = Conversion Amount / RDI Amount = % DV

Example - Vitamin B6: 0.67 mg per 100 grams x 0.3 = 0.201 / 1.7 mg (RDI) = 11.82% DV

Sorghum Syrup (NDB 19355) on FoodData Central

Macro/Micro-Nutrient	% Daily Value (%DV)	Good/Excellent Source of, Claim Eligibility?
<i>Macro Nutrients</i>	---	---
Fiber	0%	No
Protein	0%	No
<i>Micro Nutrients</i>	---	---
Vitamin A	0%	No
Vitamin C	0%	No
Vitamin D	0%	No
Vitamin E	0%	No
Vitamin K	0%	No
Vitamin B6	11.82%	Good Source, Eligible
Vitamin B12	0%	No
Calcium	3.46%	No
Iron	6.33%	No
Thiamin	2.5%	No
Riboflavin	3.57%	No
Niacin	.18%	No
Folate	0%	No
Biotin	*	---
Pantothenic Acid	4.82%	No
Phosphorus	1.34%	No
Iodine	*	---
Magnesium	7.14%	No
Zinc	1.11%	No
Selenium	.92%	No
Copper	4.33%	No
Manganese	19.95%	Good Source, Eligible
Chromium	*	---
Molybdenum	*	---
Chloride	*	---
Potassium	6.38%	No
Choline	.72%	No

* - Not listed in the USDA/ARS database.

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