

Figure #3: The nutritional value of maple products

Maple syrup contains considerable quantities of potassium, calcium, and magnesium. In addition, 60 millilitres of maple syrup provides on average 100% of the nutrient intake of manganese, 37% of the recommended nutrient intake of riboflavin, 18% of the nutrient intake of zinc, 7% of the nutrient intake of magnesium, and 5% of the nutrient intake of potassium and calcium.

Here is the contribution of various sweeteners with the daily value (DV*) for various nutrients.

(in % DV*)	Maple syrup (for 60 ml (¼ cup))	Honey	Table sugar	Brown sugar
Manganese	100	3	0	9
Riboflavin	37	2	1	0
Zinc	18	2	0	1
Magnesium	7	1	0	7
Calcium	5	0	0	5
Potassium	5	1	0	6

* DV: The daily value is the contribution of a nutrient considered sufficient to meet the daily needs of most people. Sources: Cintech Agroprocessing for the Fédération des producteurs acéricoles du Québec (average values for maple syrup) and the Canadian Nutrient Data File (Health Canada) (honey, table sugar, and brown sugar).