

Rapadura Whole Organic Cane Sugar



Delivering flavor and superior baking results, Rapadura Whole Organic Cane Sugar is the perfect sweetener for your favorite foods and drinks. Simply substitute 1 cup of Rapadura Sugar for 1 cup of white sugar in all of your recipes.

Brand: Rapunzel
 Shelf Life: 730 days
 Moisture: .0064%

Nutrition Facts	
Serving Size: 1 tsp (4g)	
Servings Per Container: 170	
Amount Per Serving	
Calories: 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 11%
Ingredients: Organic, unrefined whole cane sugar. *May contain traces of wheat	

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Comparison of Rapadura, raw sugar and refined sugar (based on a 25kg bag of sugar)

Comparison of component		Rapadura	Raw Sugar	Refined Sugar
Carbohydrate	Sucrose	73 - 83g	95 - 98g	99g
	Fructose	1.5 - 7g	0 - 1g	0g
	Glucose	1.5 - 7g	0 - 1g	0g
Mineral	Potassium	10 - 13mg	1.7 - 4mg	0.5 - 1mg
	Calcium	40 - 100g	70 - 90mg	0 - 5mg
	Magnesium	70 - 90mg	3 - 6mg	0mg
	Phosphate	20 - 90mg	3 - 5mg	0mg
	Sodium	19 - 30mg	0.1 - 0.7mg	0.6 - 0.9mg
	Iron	10 - 13mg	1.9 - 4mg	0.5 - 1mg
	Manganese	0.2 - 0.5mg	0.1 - 0.3mg	0mg
	Zinc	0.2 - 0.4mg	0.04 - 0.2mg	0mg
	Fluorine	5.3 - 6.0mg	3.95mg	0mg
	Copper	0.1 - 0.9mg	0.1 - 0.3mg	0mg
Vitamin	Pro Vitamin	2.0m0g	0.34mg	0mg
	Vitamin A	3.80mg	0.32mg	0mg
	Vitamin B1	0.01mg		0mg
	Vitamin B2	0.06mg		0mg
	Vitamin B5	0.01mg		0mg
	Vitamin B6	0.01mg		0mg
	Vitamin C	7.00mg		0mg
	Vitamin D2	6.50mg	5.6mg	0mg
	Vitamin E	111.30mg	40.00mg	0mg
	Vitamin PP	7.0mg		0mg
Moisture		1.5 - 7g	0.05 - 1g	0.01g
Protein		280.0mg	100mg	0mg