



NUTRITIONAL INFORMATION

Serving Size(s) *Calories (kcal)* *Total Fat (g)* *Saturated Fat (g)* *Trans Fat (g)* *Cholesterol (mg)* *Sodium (mg)* *Carbohydrate (g)* *Fibre (g)* *Sugars (g)* *Protein (g)* *Vitamin A (% DV)* *Vitamin C (% DV)* *Calcium (% DV)* *Iron (% DV)* *Potassium (% DV)*

MAPLE SYRUP (Grade "A" Amber)

Autumn Leaf Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Kent Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
White Litho Tin	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
White Plastic Jug	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Beige Plastic Jug	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Gingerbread Man Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Christmas Tree Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Maple 'J' Bear Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Gnome Man Glass	60 mL	210	0	0	0	0	0	53	0	50	0	0	0	0	0	0
Maple Ice Wine Syrup	60 mL	210	0	0	0	0	2	53	0	50	0	0	0	4	0	0

MAPLE-FLAVOURED SNACKS

Maple Cream Cookies (Inukshuk/Woods)	23 g	110	5	2	0	0	40	17	0	8	1	0	0	0	4	0
Maple Cream Cookies (Niagara Falls/Lighthouse)	23 g	110	5	2	0	0	40	17	0	8	1	0	0	0	4	0
Maple Sugar Shortbread	30 g	150	9	6	0.5	25	65	17	0	6	1	0	0	1	3	1
Maple Popcorn	70 g	270	7	1.5	0	0	95	50	2	31	2	0	0	2	4	0

MAPLE-FLAVOURED CANDY

Maple-Flavoured Toffee	40 g	170	4	3	0	0	150	34	0	23	1	0	0	2	0	0
Maple-Flavoured Hard Candy	15 g	60	0	0	0	0	0	15	0	11	0	0	0	0	0	0
Maple-Flavoured Caramels	40 g	130	3	1	0.5	0	70	26	0	19	1	0	0	2	2	0
Maple-Flavoured Lollipops	11.5 g	45	0	0	0	0	0	11	0	8	0	0	0	0	0	0
Maple Leaf Candy	12.8 g	45	0	0	0	0	0	12	0	12	0	0	0	0	0	0
100% Pure Maple Syrup Lollipops	20 g	70	0	0	0	0	0	19	0	19	0	0	0	0	0	0
Maple Sugar Candy	100 g	354	0	0	0	0	3	91	0	85	0	0	0	9	9	0

MAPLE GRANULATED SUGAR

Pure Maple Sugar Granules	100 g	354	0	0	0	0	3	91	0	85	0	0	0	9	9	0
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MAPLE BUTTER

Maple Butter Spread	33 g	180	0	0	0	0	2	45	0	45	0	0	0	6	0	0
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BAKING MIXES

Premium Buttermilk Pancake Mix	56 g	210	3.5	1	0	35	330	41	1	7	4	2	0	8	15	0
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