

Nutritional value in Honey

Nutritional value per 100 gram of Honey

S. No.	Nutrients	Value per 100gm
1	Energy	1,400 kJ (304 kcal)
2	Carbohydrates (Sugars) Sucrose, Dextrose, Fructose, Maltose Levulose, etc.	82.1 g
3	Fats	0 g
4	Protein	0.3 g
5	Water	17.1 g
6	Riboflavin (vit. B ₂)	0.038 mg
7	Niacin (vit. B ₃)	0.121 mg
8	Pantothenic acid (B ₅)	0.068 mg
9	Vitamin B ₆	0.024 mg
10	Folate (Vit. B ₉)	2 µg
11	Vitamin C	0.5 mg
12	Calcium	6 mg
13	Iron	0.42 mg
14	Magnesium	2 mg
15	Phosphorus	4 mg
16	Potassium	52 mg
17	Sodium	14 mg
18	Zinc	0.22 mg