



Muddy Pond

# 197927 - Sorghum Syrup

Muddy Pond's Sorghum Syrup is 100 percent pure sorghum with no additives made from their own sorghum cane. Juice is extracted from freshly cut plants, and that bright green juice goes to the mill, where it is heated; cooked and thickened into light amber syrup.



## \* Benefits

Muddy Pond Sorghum Mill is a family operated business run by the Guenther Family located in the hills of Tennessee, between Nashville and Knoxville. It was started in 1980 as a "Mom and Pop" business that has grown to include three brothers and their families. Muddy Pond Sorghum Mill makes sorghum syrup or as the old timers would refer to as sorghum molasses. We make a fine quality sorghum syrup that has won several awards and is well known throughout the USA. What is sorghum syrup? It is a table grade syrup that can be used in the same way as you might use honey or maple syrup and is considered a specialty item since it is not widely produced as it once was. The sorghum cane is typically grown in the southeastern states and looks very much like corn while it is growing. Sorghum syrup is made by first, extracting the juice from sorghum cane stalks. The juice is then boiled down on an evaporator pan, as they do with maple syrup. It is boiled till about 230 degrees Fahrenheit, whereby all the impurities and water are removed and you are left with a beautiful amber colored syrup. Nothing is added to the juice or finished syrup in the process. We then cool the syrup somewhat and bottle it in BPA free plastic containers that a very attractive and reminiscent of days gone by. The sorghum syrup is really a food that was a staple in our country till the 1940's or 50's. American pioneers would make their own syrup or have someone cook their cane so that they could have a good supply through the year. Besides tasting sweet and wonderful, it is also very nutritious, high in potassium and includes several minerals. It is low on the glycemic index and high in antioxidants. In addition, it is vegan and vegetarian friendly, with no allergens and is GMO and gluten free. So, it is a great addition to any diet. Sorghum syrup is very good on biscuits, bread, cornbread, pancakes, waffles, hot or cold cereals, in drinks, baked beans, cookies, cakes, in glazes, dressings and sauces and so many other ways. It harmonizes very well with other flavors.

# Nutrition Facts

Servings per Container 64  
Serving size 21.0g (21g)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 32mg	<b>2%</b>
Iron 1mg	<b>4%</b>
Potassium 210mg	<b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

Sorghum syrup

## ⚠ Allergens

### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

## Handling Suggestions

Store at room temperature. UNIT  
UPC: 601374301320

## Serving Suggestions

Delicious on biscuits, bread, cornbread, pancakes, waffles, hot or cold cereal, in drinks, baked beans, cookies, cakes, in glazes, dressings and sauces.

## Prep & Cooking Suggestions

Ready to eat

## 📄 Product Specifications

Brand	Manufacturer
Muddy Pond	Muddy Pond Sorghum Mill

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
601374301320	4146	197927	60137430132093		1/1 QT

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
2.5lb	2lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
4in	4in	7in	0.06ft3	10x3	475days	60°F / 77°F



**Muddy Pond**

# 197927 - Sorghum Syrup

Muddy Pond's Sorghum Syrup is 100 percent pure sorghum with no additives made from their own sorghum cane. Juice is extracted from freshly cut plants, and that bright green juice goes to the mill, where it is heated; cooked and thickened into light amber syrup.



## Nutrition Analysis - By Measure

Calories	60	Total Fat	0g	Sodium	0mg
Protein	0	Trans Fats	0g	Calcium	32mg
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	1mg
Sugars	16g	Added Sugars	0g	Potassium	210mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

