

# CORN SYRUP (HIGH FRUCTOSE)

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 02/23/04

## Product Description

- Corn syrup, manufactured from cornstarch, is not as sweet as honey or table sugar which contain fructose, one of the sweetest of the common sugars.
- This product is made using a new process which converts some of the dextrose in corn syrup into fructose, thereby resulting in a sweeter syrup.
- Corn syrup is packed in 24-ounce plastic bottles.
- Ingredients consist of corn syrup, high-fructose corn syrup, water, and flavorings (vanillin). A pasteurized product, it contains no coloring.

## Storage

- Store unopened corn syrup in a cool, dry place, but not in the refrigerator.
- For best quality, after opening, use within 12 months.

## Uses and Tips

- The most common use of corn syrup is in home-made candies, ice cream toppings, or pancake and waffle syrups.



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- When using it in recipes, it is most easily incorporated if first mixed with the required liquid ingredients.

## Nutrition Information

**Corn syrup** contains no significant nutrients other than calories, which are needed for energy. There are 56 calories per tablespoon.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>	
Serving size 1 Tablespoon (19g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 56	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 15g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Mock "Pecan" Pie

½ cup sugar  
 ¼ cup (half stick) melted butter or margarine  
 1 cup oats  
 1 cup corn syrup  
 ¼ teaspoon cinnamon  
 2 fresh eggs  
 9-10" unbaked pie shell

1. Mix ingredients and pour into unbaked pie shell.
2. Bake 45 minutes at 350 °F, until center is firm; knife inserted in center comes out clean.
3. Cool. Cut into 8 wedges for serving. Is best served warm.

*Recipe provided by Simplified Quantity Regional Recipes  
 Cavaiani, Urbashich, and Nielsen c.1979*

**Makes 8 servings**

### Nutrition Information for each serving of Mock "Pecan" Pie:

Calories	365	Cholesterol	53 mg	Sugar	41 g	Calcium	12 mg
Calories from Fat	144	Sodium	147 mg	Protein	3 g	Iron	.8 mg
Total Fat	16.2 g	Total Carbohydrate	54 g	Vitamin A	80 RE		
Saturated Fat	4.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

## Oatmeal-Nut Chews

4 cups oats  
 1½ cups chopped nuts  
 1 cup packed sugar  
 ¾ cup melted butter or margarine  
 ½ cup corn syrup  
 1 teaspoon vanilla

1. Combine all ingredients.
2. Press firmly into well-greased 9" x 13" pan.
3. Bake in 450 °F oven for 15 to 18 minutes, or until brown and bubbly.
4. Cool. Cut 3 x 12 into thirty-six 2-inch bars.

**Makes 36 servings**

*Recipe provided by Commodity Cooking  
 Western Regional Office c.1985*

### Nutrition Information for each Oatmeal-Nut Chews bar:

Calories	133	Cholesterol	0 mg	Sugar	8 g	Calcium	6 mg
Calories from fat	67	Sodium	44 mg	Protein	1 g	Iron	.5 mg
Total Fat	7.5 g	Total Carbohydrate	15 g	Vitamin A	38 RE		
Saturated Fat	1.1 g	Dietary Fiber	1 g	Vitamin C	0 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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