

WHAT IS

MOLASSES?

MOLASSES IS A CO-PRODUCT OF SUGAR REFINING AND PROCESSING.

Molasses, the thick, dark brown syrup you might buy at the grocery store, is found naturally in sugar beet and sugar cane plants. During the refining process, it is separated from the sugar crystals by spinning the sugar in a centrifuge.



Molasses is not as sweet as sugar but is used in many recipes for its rich flavor and moisture. Sugar beet molasses and sugar cane molasses have different flavors and consistencies and are not used interchangeably. Sugar cane molasses is primarily used for sweetening and flavoring foods while sugar beet molasses is not very sweet and is primarily used for animal feed and other commercial and industrial uses.

Sugar is a minimally processed ingredient. It is simply removed from the plant, washed, crystallized, spun and dried. The spinning step is where the molasses is separated from the sugar crystals.



Molasses comes in a variety of levels of sweetness, from the sweet and moderate flavor of confectionery/all-purpose molasses to the strong-flavored blackstrap molasses.

1 Tbsp of molasses has 58 calories



Molasses from sugar cane has been used since as early as 500 B.C.E. in India

Up until the 1880s, molasses was the most popular sweetener in the US



Sugar cane molasses is what makes brown sugar brown

Each stalk of sugar cane produces 6 teaspoons of molasses



Each sugar beet is made up of about 3.7% molasses

Molasses adds a broad range of flavors to foods from caramel to licorice



Food Uses of Molasses

- Key ingredient in the distillation of rum
- Dark rye breads or other whole grain breads
- Cookies and pies
- Gingerbread
- Barbecue sauces
- Beer styles such as stouts and porters
- Home-made vinaigrette
- Jerky Processing
- Yeast production



Industrial Uses of Molasses

- Ingredient in animal feed
- Fermentation source in the production of ethanol and other chemicals
- Industrial production of vinegar and citric acid
- Mixed with salt to de-ice roads
- Added to soil to promote microbial activity
- Minor component of mortar for brickwork



Real sugar comes from sugar beets and sugar cane plants.



Learn more at sugar.org
Contact us at sugar@sugar.org



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