**Pancake vs Maple Syrup**

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When I traveled to Vermont to attend my nephew’s wedding, shopping was a must. I noticed that each unique store had maple syrup. About everywhere I went, restaurants, novelty shops, grocery stores, they all had maple syrup and not pancake syrup like what we purchase. When I returned home, I looked a little closer at our “maple” pancake syrup label.

Because, it’s true: Pancake syrup is not the same as maple syrup. Or, rather, maple syrup is a syrup for pancakes but labeling a product as “pancake syrup” means it is not made of the same stuff as its maple counterpart.

Pure maple syrup is simply maple tree sap that's been boiled down. Pancake syrup is primarily corn syrup, high fructose corn syrup and artificial maple extract.

Pure maple syrup is laborious to produce, often made in small batches in sugarhouses. Pancake syrup, on the other hand, can be produced cheaply in large quantities in factories. These differences explain the price discrepancy.

Which Is Better for You? Nutrition-wise (and specifically, nutritional label-wise), you might be surprised to learn that maple syrup is objectively “sweeter,” at least in terms of grams of sugar. The labeled amount of sugar for 60 milliliters of each type of syrup: Maple Syrup, Amber or Dark Color – 53 grams and Pancake Syrup range from – 47 grams to 26 grams.

Pancake syrup that contains the least amount of sugar, has water listed as its second ingredient. The undiluted maple syrups have the most sugar content. But it’s not refined sugar, so it’s considered a lesser evil by most health-conscious folks, and maple syrup also contains small amounts of nutrients and minerals like potassium and iron where pancake syrup does not have these.

Grocery stores sell pancake syrup and maple syrup alongside one another, but they are actually very different products. Americans spend over $450 million each year on these syrups, but most people opt for the imitation pancake syrup instead of pure maple syrup because of the cost. Pancake syrup costs as little as 14 cents per oz. In contrast, pure maple syrup can cost $1 per oz. or more, depending on its quality. Does It Really Matter in the End? That depends on what you want. If cost is a serious concern, then there’s absolutely nothing wrong with grabbing a bottle of pancake syrup to go on your pancakes. Just because it’s not expensive doesn’t mean it doesn’t taste good.

If you want a natural, handcrafted product, then definitely go for the pure maple syrup. It has a richer, fuller flavor and is free of artificial ingredients and preservatives. Slather some on a decadent breakfast, like pancakes, French toast, or waffles. Or if you're using syrup in a recipe, we recommend splurging on the real stuff due to its flavor and consistency.

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