

Molasses vs Honey (vsdiff.com)

Attribute	Molasses	Honey
Primary origin	Sugarcane / sugar beet by-product	Nectar processed by bees
Typical sugars	Mostly <i>sucrose</i> with <i>glucose/fructose</i> traces	Mixture of <i>fructose</i> ~38% and <i>glucose</i> ~31% (varies)
Calories per tbsp	Approximately <i>45-65 kcal</i> (varies by type)	Approximately <i>60-70 kcal</i>
Glycemic index (GI)	Often ~50-60 (type dependent)	Roughly <i>45-64</i> depending on floral source
Notable micronutrients	<i>Iron, calcium, magnesium</i> (blackstrap richer)	Trace vitamins, <i>antioxidants</i> ; composition varies by forage
Common culinary uses	Baking, marinades, <i>rum</i> production	Sauces, spreads, glazing, <i>mead</i>

Source: <https://vsdiff.com/molasses-vs-honey/>