

Agave vs Maple Syrup (vsdiff.com)

Attribute	Agave Syrup	Maple Syrup
Primary source	Sap/nectar from Agave plants (mainly Mexico)	Sap from sugar maple and related trees (N. America)
Main sugars	High in fructose after hydrolysis (approx. 55-90% fructose depending on processing)	Mostly sucrose (after boiling; approximately 60-70% of solids)
Glycemic index (GI)	Relatively <i>low</i> (~10-30 , range reported)	Moderate (~50-60 , range reported)
Flavor profile	Mild, <i>neutral-sweet</i> , slightly floral	Distinct caramel /woody maple flavor
Typical culinary uses	Drinks, dressings, <i>vegan baking</i> substitute	Pancakes, glazing, baking where maple flavor is desired
Processing level	Often <i>highly processed</i> (enzyme or acid hydrolysis)	Mostly <i>minimally processed</i> (sap boiled and concentrated)
Approx. calories / tbsp	~50-65 kcal (varies by product)	~50-55 kcal
Shelf & storage	Long shelf life refrigerated or sealed; may crystallize	Long shelf life refrigerated; may thicken but keeps well

Source: <https://vsdiff.com/agave-vs-maple-syrup/>