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Turbinado sugar matches white sugar for calories and carbs. The small amounts of minerals and antioxidants it provides are relatively insignificant. Like other types of sugar, it's best used only in small amounts.

What Is Turbinado Sugar? Nutrition, Uses, and Substitutes - Healthline

healthline : nutrition : turbinado-sugar

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Whilst Turbinado sugar is less processed than white sugar, it's still a type of sugar and should be enjoyed in moderation. Consuming too much sugar has been known to lead to health problems such as obesity and its related conditions diabetes and heart disease.

What is turbinado sugar?

sugarnutritionresource : news-articles : what-is-turbinado-sugar

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