## Copilot

Sure, here is a comprehensive list of attributes for Demerara Sugar:

1. **Type of Sugar**: Demerara sugar is a type of raw cane sugar that originates from the Demerara region of Guyana [5]. It is made from pure cane sugar [4].
2. **Color and Flavor**: It has a light golden brown color and a slightly sweet taste [4]. It retains more of the brown, smoky cane juice, or molasses, that is removed from paler, more processed sugars [3]. This gives it a slightly caramel-like taste [5].
3. **Size and Texture**: Demerara sugar is known for its large crystals, which provide a nice, crunchy texture in baking [4]. It is slightly sticky due to the trace amounts of molasses on it, but the crystals still flow freely and don't clump together [2].
4. **Processing**: Demerara sugar undergoes only minimal processing [3]. The sugarcane is first pressed to extract sugarcane juice. It’s then boiled and eventually thickens into a syrup. Once the water has evaporated, it cools and hardens [1].
5. **Nutrition**: Demerara sugar naturally contains some molasses, which itself has some vitamins and minerals such as calcium, iron, magnesium, and vitamins B3, B5 and B6 [1]. However, one study found that dark brown sugars such as demerara were a poor source of vitamins, so they may only make a small contribution to recommended dietary intakes (RDI) when consumed in small amounts [1].
6. **Usage**: It’s often used as sprinkles to decorate cakes and muffins but can also be added to tea and coffee [1]. It can be used directly from the package and requires no special preparation beforehand [2].
7. **Availability**: Demerara sugar can be purchased at most grocery stores, specialty baking shops, and online retailers [2].
8. **Storage**: Demerara sugar should be stored in an airtight container in a cool, dry place to prevent clumping and moisture absorption [2].

Please note that while some people consider demerara sugar a healthier form of sugar, it still has the same amount of calories as regular sugar and may affect blood sugar levels the same [1]. Therefore, it’s important to consume demerara sugar only occasionally and in small amounts [1].

Source: Conversation with Bing, 5/13/2024

1. [What Is Demerara Sugar - Recipes.net](https://recipes.net/articles/what-is-demerara-sugar/)
2. [Everything You Need to Know About Demerara Sugar](https://boatbasincafe.com/demerara-sugar/)
3. [What is Demerara Sugar and How it is Used? | Fine Dining Lovers](https://www.finedininglovers.com/article/what-is-demerara-sugar)
4. [What Is Demerara Sugar? - The Spruce Eats](https://www.thespruceeats.com/what-is-demerara-sugar-5204675)
5. [Demerara Sugar: Good or Bad? - Healthline](https://www.healthline.com/nutrition/demerara-sugar)