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Sure, here are the key attributes for granulated white sugar:

1. **Definition**: White granulated sugar is a fine, powdery substance derived from either sugar cane or sugar beets. It's used to sweeten various foods and beverages [1].
2. **Other Names**: It's also referred to as "granulated sugar", "table sugar", "refined sugar", or "sucrose" [1].
3. **Nutritional Value** [1]:
   * Calories: 387 kcal
   * Total Fat: 0 g
   * Saturated Fat: 0 g
   * Trans Fat: 0 g
   * Cholesterol: 0 mg
   * Sodium: 1 mg
   * Total Carbohydrates: 100 g
   * Dietary Fiber: 0 g
   * Sugars: 100 g
   * Protein: 0 g
4. **Benefits** [1]:
   * Energy Boost: Provides fast energy, which can help keep you going during busy days or intense workouts.
   * Sweet Satisfaction: Adds a sweet touch to many dishes, making things taste better.
5. **Physical Characteristics** [2]:
   * Granulated sugar is characterized by its coarse crystals that are distinct, hard, and do not clump easily.
   * This granular texture is ideal for creating aeration in doughs and batters, providing a stable structure for baked goods.
6. **Uses in Cooking** [2]:
   * Due to its fine yet granular texture, granulated sugar dissolves well in various mixtures without altering the consistency significantly.
   * It’s your go-to sweetener for beverages, sauces, and as the foundational sweetness in baked goods like cookies, cakes, and pastries.
7. **Storage**: Store in a cool, dry place to prevent it from hardening [1].
8. **Additional Properties** [3]:
   * Provides bulk (weight and volume), increases viscosity, and changes the texture of foods.
   * Offers glaze and sparkle, binds water, increases boiling temperature and lowers the freezing temperature when dissolved in water.

Please note that while sugar is primarily composed of carbohydrates (sugars), it doesn’t contain any significant vitamins, minerals, or other nutrients. It’s essentially empty calories [1].

Source: Conversation with Bing, 5/13/2024

1. [White Granulated Sugar 101: Nutrition, Benefits, How To Use, Buy, Store ...](https://www.faskitchen.com/white-granulated-sugar-101/)
2. [Granulated vs Powdered White Sugar in Cooking](https://thekitchencommunity.org/granulated-vs-powdered-white-sugar-in-cooking/)
3. [Granulated Sugar: The Favorite and Most Versatile Sweetener of All](https://www.whatsugar.com/post/what-is-granulated-sugar)
4. [Granulated Sugar Nutrition Facts and Health Benefits - Verywell Fit](https://www.verywellfit.com/granulated-sugar-nutrition-facts-calories-and-health-benefits-4119871)
5. [Getty Images](https://www.gettyimages.com/detail/photo/top-view-of-white-sugar-cubes-on-turquoise-royalty-free-image/833229890)