

Basic Report 14029, Alcoholic beverage, whiskey sour, prepared from item 14028

Report Date: January 30, 2015 12:00 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g
Proximates				
Water	g	72.44	22.02	76.79
Energy	kcal	153	47	162
Protein	g	0.06	0.02	0.06
Total lipid (fat)	g	0.06	0.02	0.06
Carbohydrate, by difference	g	12.82	3.90	13.59
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	12.78	3.89	13.55
Minerals				
Calcium, Ca	mg	1	0	1
Iron, Fe	mg	0.08	0.02	0.08
Magnesium, Mg	mg	1	0	1
Phosphorus, P	mg	5	2	5
Potassium, K	mg	18	5	19
Sodium, Na	mg	61	19	65
Zinc, Zn	mg	0.06	0.02	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	0.5	1.7
Thiamin	mg	0.010	0.003	0.011
Riboflavin	mg	0.008	0.002	0.008
Niacin	mg	0.005	0.002	0.005
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.005	0.002	0.005
Fatty acids, total monounsaturated	g	0.001	0.000	0.001
Fatty acids, total polyunsaturated	g	0.011	0.003	0.012
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0