

Basic Report 14157, Carbonated beverage, root beer

Report Date: March 02, 2015 10:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.8g	1 can or bottle (16 fl oz) 493g	1 can or bottle (12 fl oz) 370g
Proximates					
Water	g	89.30	27.50	440.25	330.41
Energy	kcal	41	13	202	152
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	10.60	3.26	52.26	39.22
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	10.60	3.26	52.26	39.22
Minerals					
Calcium, Ca	mg	5	2	25	18
Iron, Fe	mg	0.05	0.02	0.25	0.18
Magnesium, Mg	mg	1	0	5	4
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	1	0	5	4
Sodium, Na	mg	13	4	64	48
Zinc, Zn	mg	0.07	0.02	0.35	0.26
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0