

Basic Report 14639, Rice drink, unsweetened, with added calcium, vitamins A and D

Report Date: January 30, 2015 19:46 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 8.0 fl oz (approximate weight, 1 serving) 240g |
|--------------------------------|------|------------------|--|
| Proximates | | | |
| Water | g | 89.28 | 214.27 |
| Energy | kcal | 47 | 113 |
| Protein | g | 0.28 | 0.67 |
| Total lipid (fat) | g | 0.97 | 2.33 |
| Carbohydrate, by difference | g | 9.17 | 22.01 |
| Fiber, total dietary | g | 0.3 | 0.7 |
| Sugars, total | g | 5.28 | 12.67 |
| Minerals | | | |
| Calcium, Ca | mg | 118 | 283 |
| Iron, Fe | mg | 0.20 | 0.48 |
| Magnesium, Mg | mg | 11 | 26 |
| Phosphorus, P | mg | 56 | 134 |
| Potassium, K | mg | 27 | 65 |
| Sodium, Na | mg | 39 | 94 |
| Zinc, Zn | mg | 0.13 | 0.31 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.027 | 0.065 |
| Riboflavin | mg | 0.142 | 0.341 |
| Niacin | mg | 0.390 | 0.936 |
| Vitamin B-6 | mg | 0.039 | 0.094 |
| Folate, DFE | µg | 2 | 5 |
| Vitamin B-12 | µg | 0.63 | 1.51 |
| Vitamin A, RAE | µg | 63 | 151 |
| Vitamin A, IU | IU | 208 | 499 |
| Vitamin E (alpha-tocopherol) | mg | 0.47 | 1.13 |

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|------------------------------------|-------------|---------------------------------|---|
| Vitamin D (D2 + D3) | µg | 1.0 | 2.4 |
| Vitamin D | IU | 42 | 101 |
| Vitamin K (phylloquinone) | µg | 0.2 | 0.5 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.625 | 1.500 |
| Fatty acids, total polyunsaturated | g | 0.313 | 0.751 |
| Cholesterol | mg | 0 | 0 |
| Other | | | |
| Caffeine | mg | 0 | 0 |