

## Basic Report 14019, Alcoholic beverage, tequila sunrise, canned

Report Date: September 23, 2019 09:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.1g	1 can (6.8 fl oz, 200 ml) 211g
<b>Proximates</b>				
Water	g	78.80	24.51	166.27
Energy	kcal	110	34	232
Protein	g	0.30	0.09	0.63
Total lipid (fat)	g	0.10	0.03	0.21
Carbohydrate, by difference	g	11.30	3.51	23.84
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.02	0.01	0.04
Magnesium, Mg	mg	7	2	15
Phosphorus, P	mg	10	3	21
Potassium, K	mg	10	3	21
Sodium, Na	mg	57	18	120
Zinc, Zn	mg	0.60	0.19	1.27
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	19.3	6.0	40.7
Thiamin	mg	0.038	0.012	0.080
Riboflavin	mg	0.016	0.005	0.034
Niacin	mg	0.190	0.059	0.401
Vitamin B-6	mg	0.050	0.016	0.106
Folate, DFE	µg	11	3	23
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	2	11
Vitamin A, IU	IU	97	30	205
<b>Lipids</b>				
Fatty acids, total trans	g	0.000	0.000	0.000

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Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				