

Basic Report 14096, Alcoholic beverage, wine, table, red [a](#)

Report Date: July 22, 2019 18:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.4g	1 serving (5 fl oz) 147g
Proximates				
Water	g	86.49	25.43	127.14
Energy	kcal	85	25	125
Protein	g	0.07	0.02	0.10
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	2.61	0.77	3.84
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.62	0.18	0.91
Minerals				
Calcium, Ca	mg	8	2	12
Iron, Fe	mg	0.46	0.14	0.68
Magnesium, Mg	mg	12	4	18
Phosphorus, P	mg	23	7	34
Potassium, K	mg	127	37	187
Sodium, Na	mg	4	1	6
Zinc, Zn	mg	0.14	0.04	0.21
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.005	0.001	0.007
Riboflavin	mg	0.031	0.009	0.046
Niacin	mg	0.224	0.066	0.329
Vitamin B-6	mg	0.057	0.017	0.084
Folate, DFE	µg	1	0	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	2	1	3

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Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.1	0.6
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.