

**Basic Report 09130, Grape juice, canned or bottled, unsweetened, with added ascorbic acid [a](#)**

Report Date: July 16, 2019 02:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g	1 fl oz 31.6g
<b>Proximates</b>				
Water	g	84.51	213.81	26.71
Energy	kcal	60	152	19
Protein	g	0.37	0.94	0.12
Total lipid (fat)	g	0.13	0.33	0.04
Carbohydrate, by difference	g	14.77	37.37	4.67
Fiber, total dietary	g	0.2	0.5	0.1
Sugars, total	g	14.20	35.93	4.49
<b>Minerals</b>				
Calcium, Ca	mg	11	28	3
Iron, Fe	mg	0.25	0.63	0.08
Magnesium, Mg	mg	10	25	3
Phosphorus, P	mg	14	35	4
Potassium, K	mg	104	263	33
Sodium, Na	mg	5	13	2
Zinc, Zn	mg	0.07	0.18	0.02
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	25.0	63.2	7.9
Thiamin	mg	0.017	0.043	0.005
Riboflavin	mg	0.015	0.038	0.005
Niacin	mg	0.133	0.336	0.042
Vitamin B-6	mg	0.032	0.081	0.010
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	8	20	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	1.0	0.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.025	0.063	0.008
Fatty acids, total monounsaturated	g	0.003	0.008	0.001
Fatty acids, total polyunsaturated	g	0.022	0.056	0.007
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Includes purple and white grape juice