

Basic Report 09528, Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C

Report Date: November 21, 2017 05:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 248g
Proximates			
Water	g	88.60	219.73
Energy	kcal	44	109
Protein	g	0.50	1.24
Total lipid (fat)	g	0.10	0.25
Carbohydrate, by difference	g	10.53	26.11
Fiber, total dietary	g	0.2	0.5
Sugars, total	g	10.30	25.54
Minerals			
Calcium, Ca	mg	10	25
Iron, Fe	mg	0.14	0.35
Potassium, K	mg	94	233
Sodium, Na	mg	8	20
Vitamins			
Vitamin C, total ascorbic acid	mg	49.2	122.0
Vitamin A, RAE	µg	6	15
Vitamin A, IU	IU	129	320
Lipids			
Fatty acids, total saturated	g	0.008	0.020
Fatty acids, total monounsaturated	g	0.008	0.020
Fatty acids, total polyunsaturated	g	0.014	0.035
Fatty acids, total trans	g	0.002	0.005
Cholesterol	mg	0	0

Amino Acids

Other