

Basic Report 02048, Vinegar, cider [a](#)

Report Date: July 17, 2019 07:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14.9g	1 cup 239g	1 tsp 5g
Proximates					
Water	g	93.81	13.98	224.21	4.69
Energy b	kcal	21	3	50	1
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	0.93	0.14	2.22	0.05
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.40	0.06	0.96	0.02
Minerals					
Calcium, Ca	mg	7	1	17	0
Iron, Fe	mg	0.20	0.03	0.48	0.01
Magnesium, Mg	mg	5	1	12	0
Phosphorus, P	mg	8	1	19	0
Potassium, K	mg	73	11	174	4
Sodium, Na	mg	5	1	12	0
Zinc, Zn	mg	0.04	0.01	0.10	0.00
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0

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

Footnotes

^a Contains 5% acetic acid. Total proximates do not equal 100%.

^b Acetic acid is included in energy calculation.