

Basic Report 09443, Juice, apple and grape blend, with added ascorbic acid

Report Date: June 19, 2019 21:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 250g
Proximates			
Water	g	87.05	217.62
Energy	kcal	50	125
Protein	g	0.16	0.40
Total lipid (fat)	g	0.12	0.30
Carbohydrate, by difference	g	12.46	31.15
Fiber, total dietary	g	0.2	0.5
Sugars, total	g	10.92	27.30
Minerals			
Calcium, Ca	mg	11	28
Iron, Fe	mg	0.11	0.28
Magnesium, Mg	mg	7	18
Phosphorus, P	mg	9	22
Potassium, K	mg	96	240
Sodium, Na	mg	7	18
Zinc, Zn	mg	0.05	0.12
Vitamins			
Vitamin C, total ascorbic acid a	mg	28.2	70.5
Thiamin	mg	0.006	0.015
Riboflavin	mg	0.015	0.037
Niacin	mg	0.087	0.217
Vitamin B-6	mg	0.021	0.052
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	4	10
Vitamin E (alpha-tocopherol)	mg	0.01	0.03

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 250g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.5
Lipids			
Fatty acids, total saturated	g	0.023	0.058
Fatty acids, total monounsaturated	g	0.005	0.013
Fatty acids, total polyunsaturated	g	0.032	0.080
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Various brands and package sizes may have different vitamin C levels due to different fortification practices.