

**Basic Report 14003, Alcoholic beverage, beer, regular, all [a](#)**

**Report Date: June 25, 2019 22:03 EDT**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 fl oz<br>29.7g | 1 can<br>356g |
|--------------------------------|------|------------------------|------------------|---------------|
| <b>Proximates</b>              |      |                        |                  |               |
| Water                          | g    | 91.96                  | 27.31            | 327.38        |
| Energy                         | kcal | 43                     | 13               | 153           |
| Protein                        | g    | 0.46                   | 0.14             | 1.64          |
| Total lipid (fat)              | g    | 0.00                   | 0.00             | 0.00          |
| Carbohydrate, by difference    | g    | 3.55                   | 1.05             | 12.64         |
| Fiber, total dietary           | g    | 0.0                    | 0.0              | 0.0           |
| Sugars, total                  | g    | 0.00                   | 0.00             | 0.00          |
| <b>Minerals</b>                |      |                        |                  |               |
| Calcium, Ca                    | mg   | 4                      | 1                | 14            |
| Iron, Fe                       | mg   | 0.02                   | 0.01             | 0.07          |
| Magnesium, Mg                  | mg   | 6                      | 2                | 21            |
| Phosphorus, P                  | mg   | 14                     | 4                | 50            |
| Potassium, K                   | mg   | 27                     | 8                | 96            |
| Sodium, Na                     | mg   | 4                      | 1                | 14            |
| Zinc, Zn                       | mg   | 0.01                   | 0.00             | 0.04          |
| <b>Vitamins</b>                |      |                        |                  |               |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0              | 0.0           |
| Thiamin                        | mg   | 0.005                  | 0.001            | 0.018         |
| Riboflavin                     | mg   | 0.025                  | 0.007            | 0.089         |
| Niacin                         | mg   | 0.513                  | 0.152            | 1.826         |
| Vitamin B-6                    | mg   | 0.046                  | 0.014            | 0.164         |
| Folate, DFE                    | µg   | 6                      | 2                | 21            |
| Vitamin B-12                   | µg   | 0.02                   | 0.01             | 0.07          |
| Vitamin A, RAE                 | µg   | 0                      | 0                | 0             |
| Vitamin A, IU                  | IU   | 0                      | 0                | 0             |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 fl oz<br/>29.7g</b> | <b>1 can<br/>356g</b> |
|------------------------------------|-------------|---------------------------------|--------------------------|-----------------------|
| 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          | 0.0                             | 0.0                      | 0.0                   |
| <b>Lipids</b>                      |             |                                 |                          |                       |
| 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                     |
| <b>Amino Acids</b>                 |             |                                 |                          |                       |
| <b>Other</b>                       |             |                                 |                          |                       |
| Caffeine                           | mg          | 0                               | 0                        | 0                     |

**Footnotes**

<sup>a</sup> Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.