

Basic Report 14006, Alcoholic beverage, beer, light

Report Date: June 15, 2019 21:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.5g	1 can or bottle (12 fl oz) 354g
Proximates				
Water	g	94.88	27.99	335.88
Energy	kcal	29	9	103
Protein	g	0.24	0.07	0.85
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	1.64	0.48	5.81
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.09	0.03	0.32
Minerals				
Calcium, Ca	mg	4	1	14
Iron, Fe	mg	0.03	0.01	0.11
Magnesium, Mg	mg	5	1	18
Phosphorus, P	mg	12	4	42
Potassium, K	mg	21	6	74
Sodium, Na	mg	4	1	14
Zinc, Zn	mg	0.01	0.00	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.005	0.001	0.018
Riboflavin	mg	0.015	0.004	0.053
Niacin	mg	0.391	0.115	1.384
Vitamin B-6	mg	0.034	0.010	0.120
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
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.5g	1 can or bottle (12 fl oz) 354g
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0