

## Basic Report 14010, Alcoholic beverage, daiquiri, prepared-from-recipe

Report Date: June 25, 2019 22:31 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 fl oz<br>30.2g | 1 cocktail (2 fl oz)<br>60g |
|--------------------------------|------|------------------------|------------------|-----------------------------|
| <b>Proximates</b>              |      |                        |                  |                             |
| Water                          | g    | 69.74                  | 21.06            | 41.84                       |
| Energy                         | kcal | 186                    | 56               | 112                         |
| Protein                        | g    | 0.06                   | 0.02             | 0.04                        |
| Total lipid (fat)              | g    | 0.06                   | 0.02             | 0.04                        |
| Carbohydrate, by difference    | g    | 6.94                   | 2.10             | 4.16                        |
| Fiber, total dietary           | g    | 0.1                    | 0.0              | 0.1                         |
| Sugars, total                  | g    | 5.58                   | 1.69             | 3.35                        |
| <b>Minerals</b>                |      |                        |                  |                             |
| Calcium, Ca                    | mg   | 3                      | 1                | 2                           |
| Iron, Fe                       | mg   | 0.09                   | 0.03             | 0.05                        |
| Magnesium, Mg                  | mg   | 2                      | 1                | 1                           |
| Phosphorus, P                  | mg   | 5                      | 2                | 3                           |
| Potassium, K                   | mg   | 21                     | 6                | 13                          |
| Sodium, Na                     | mg   | 5                      | 2                | 3                           |
| Zinc, Zn                       | mg   | 0.04                   | 0.01             | 0.02                        |
| <b>Vitamins</b>                |      |                        |                  |                             |
| Vitamin C, total ascorbic acid | mg   | 1.6                    | 0.5              | 1.0                         |
| Thiamin                        | mg   | 0.013                  | 0.004            | 0.008                       |
| Riboflavin                     | mg   | 0.005                  | 0.002            | 0.003                       |
| Niacin                         | mg   | 0.051                  | 0.015            | 0.031                       |
| Vitamin B-6                    | mg   | 0.008                  | 0.002            | 0.005                       |
| Folate, DFE                    | µg   | 2                      | 1                | 1                           |
| Vitamin B-12                   | µg   | 0.00                   | 0.00             | 0.00                        |
| Vitamin A, RAE                 | µg   | 0                      | 0                | 0                           |
| Vitamin A, IU                  | IU   | 4                      | 1                | 2                           |
| Vitamin E (alpha-tocopherol)   | mg   | 0.03                   | 0.01             | 0.02                        |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 fl oz<br/>30.2g</b> | <b>1 cocktail (2 fl oz)<br/>60g</b> |
|------------------------------------|-------------|---------------------------------|--------------------------|-------------------------------------|
| Vitamin K (phylloquinone)          | µg          | 0.1                             | 0.0                      | 0.1                                 |
| <b>Lipids</b>                      |             |                                 |                          |                                     |
| Fatty acids, total saturated       | g           | 0.006                           | 0.002                    | 0.004                               |
| Fatty acids, total monounsaturated | g           | 0.006                           | 0.002                    | 0.004                               |
| Fatty acids, total polyunsaturated | g           | 0.016                           | 0.005                    | 0.010                               |
| 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                                   |