

Basic Report 14034, Alcoholic beverage, creme de menthe, 72 proof

Report Date: September 21, 2019 18:10 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 fl oz 33.6g | 1 jigger 1.5 fl oz 50g |
|--------------------------------|------|------------------------|------------------|---------------------------|
| Proximates | | | | |
| Water | g | 28.30 | 9.51 | 14.15 |
| Energy | kcal | 371 | 125 | 186 |
| Protein | g | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.30 | 0.10 | 0.15 |
| Carbohydrate, by difference | g | 41.60 | 13.98 | 20.80 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 41.60 | 13.98 | 20.80 |
| Minerals | | | | |
| Calcium, Ca | mg | 0 | 0 | 0 |
| Iron, Fe | mg | 0.07 | 0.02 | 0.04 |
| Magnesium, Mg | mg | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | 0 | 0 |
| Potassium, K | mg | 0 | 0 | 0 |
| Sodium, Na | mg | 5 | 2 | 2 |
| Zinc, Zn | mg | 0.04 | 0.01 | 0.02 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.003 | 0.001 | 0.002 |
| Vitamin B-6 | mg | 0.000 | 0.000 | 0.000 |
| Folate, DFE | µg | 0 | 0 | 0 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| 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 |

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|------------------------------------|-------------|---------------------------------|--------------------------|-----------------------------------|
| 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 | 0.014 | 0.005 | 0.007 |
| Fatty acids, total monounsaturated | g | 0.015 | 0.005 | 0.007 |
| Fatty acids, total polyunsaturated | g | 0.167 | 0.056 | 0.083 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |