

Full Report (All Nutrients) 14084, Alcoholic beverage, wine, table, all

Report Date: September 17, 2019 07:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
Proximates						
Water	g	86.58	--	--	128.14	25.54
Energy	kcal	83	--	--	123	24
Energy	kJ	347	--	--	514	102
Protein 1	g	0.07	--	--	0.10	0.02
Total lipid (fat) 1	g	0.00	2	--	0.00	0.00
Ash 2	g	0.24	2526	0.030	0.36	0.07
Carbohydrate, by difference	g	2.72	--	--	4.03	0.80
Fiber, total dietary 1	g	0.0	2	--	0.0	0.0
Sugars, total 1	g	0.79	2	--	1.17	0.23
Minerals						
Calcium, Ca 1	mg	8	2	--	12	2
Iron, Fe 1	mg	0.37	2	--	0.55	0.11
Magnesium, Mg 1	mg	11	2	--	16	3
Phosphorus, P 1	mg	20	2	--	30	6
Potassium, K 1	mg	99	2	--	147	29
Sodium, Na 1	mg	5	2	--	7	1
Zinc, Zn 1	mg	0.13	2	--	0.19	0.04
Copper, Cu 1	mg	0.007	2	--	0.010	0.002
Manganese, Mn 1	mg	0.124	2	--	0.184	0.037
Selenium, Se 1	µg	0.2	2	--	0.3	0.1
Fluoride, F 1	µg	153.3	31	48.600	226.9	45.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
Vitamin C, total ascorbic acid 1	mg	0.0	2	--	0.0	0.0
Thiamin 1	mg	0.005	2	--	0.007	0.001
Riboflavin 1	mg	0.023	2	--	0.034	0.007
Niacin 1	mg	0.166	2	--	0.246	0.049
Pantothenic acid 1	mg	0.037	2	--	0.055	0.011
Vitamin B-6 1	mg	0.054	2	--	0.080	0.016
Folate, total 1	µg	1	2	--	1	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	2	--	1	0
Folate, DFE	µg	1	--	--	1	0
Choline, total	mg	5.0	--	--	7.4	1.5
Vitamin B-12 1	µg	0.00	2	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	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) 3	µg	0.0	1	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	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						
Alcohol, ethyl ²	g	10.4	2526	0.100	15.4	3.1
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2002 Beltsville MD
²Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD
³C. Bolton-Smith, R.J.G. Price, Steven T. Fenton, Dominic J. Harrington, M.J. Shearer **Compilation of a provisional UK database for the phylloquinone (vitamin K) content of foods**, 2000 British Journal of Nutrition 83 pp.389-399