

Basic Report 14248, Alcoholic beverage, beer, light, higher alcohol

Report Date: August 17, 2019 17:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	12.0 fl oz 356g
Proximates			
Water	g	92.88	330.65
Energy	kcal	46	164
Protein	g	0.25	0.89
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	0.77	2.74
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.09	0.32
Minerals			
Calcium, Ca	mg	4	14
Iron, Fe	mg	0.03	0.11
Magnesium, Mg	mg	5	18
Phosphorus, P	mg	12	43
Potassium, K	mg	21	75
Sodium, Na	mg	4	14
Zinc, Zn	mg	0.01	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.005	0.018
Riboflavin	mg	0.015	0.053
Niacin	mg	0.391	1.392
Vitamin B-6	mg	0.034	0.121
Folate, DFE	µg	6	21
Vitamin B-12	µg	0.02	0.07
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0