

**Basic Report 14263, Beverages, citrus fruit juice drink, frozen concentrate, prepared with water**

Report Date: June 15, 2019 22:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31g	1 serving 8 fl oz 248g
<b>Proximates</b>				
Water	g	87.83	27.23	217.82
Energy	kcal	46	14	114
Protein	g	0.34	0.11	0.84
Total lipid (fat)	g	0.03	0.01	0.07
Carbohydrate, by difference	g	11.42	3.54	28.32
Fiber, total dietary	g	0.1	0.0	0.2
Sugars, total	g	8.13	2.52	20.16
<b>Minerals</b>				
Calcium, Ca	mg	9	3	22
Iron, Fe	mg	1.12	0.35	2.78
Magnesium, Mg	mg	6	2	15
Phosphorus, P	mg	10	3	25
Potassium, K	mg	112	35	278
Sodium, Na	mg	4	1	10
Zinc, Zn	mg	0.04	0.01	0.10
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	27.1	8.4	67.2
Thiamin	mg	0.014	0.004	0.035
Riboflavin	mg	0.010	0.003	0.025
Niacin	mg	0.075	0.023	0.186
Vitamin B-6	mg	0.019	0.006	0.047
Folate, DFE	µg	7	2	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	1	5
Vitamin A, IU	IU	37	11	92
Vitamin E (alpha-tocopherol)	mg	0.06	0.02	0.15

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Vitamin K (phylloquinone)	µg	0.1	0.0	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.002	0.001	0.005
Fatty acids, total monounsaturated	g	0.002	0.001	0.005
Fatty acids, total polyunsaturated	g	0.004	0.001	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