

## Basic Report 14297, Beverages, lemonade-flavor drink, powder, prepared with water

Report Date: June 24, 2019 05:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.8g	1 cup 8 fl oz 255g
<b>Proximates</b>				
Water	g	92.87	29.53	236.82
Energy	kcal	27	9	69
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.07	0.02	0.18
Carbohydrate, by difference	g	6.90	2.19	17.59
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	6.87	2.18	17.52
<b>Minerals</b>				
Calcium, Ca	mg	4	1	10
Iron, Fe	mg	0.01	0.00	0.03
Magnesium, Mg	mg	13	4	33
Phosphorus, P	mg	7	2	18
Potassium, K	mg	3	1	8
Sodium, Na	mg	13	4	33
Zinc, Zn	mg	0.01	0.00	0.03
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.9	0.9	7.4
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.001	0.000	0.003
Niacin	mg	0.000	0.000	0.000
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
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