

Full Report (All Nutrients) 14297, Beverages, lemonade-flavor drink, powder, prepared with water

Report Date: September 19, 2019 15:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.8g	1 cup 8 fl oz 255g
Proximates						
Water	g	92.87	--	--	29.53	236.82
Energy	kcal	27	--	--	9	69
Energy	kJ	112	--	--	36	286
Protein	g	0.00	--	--	0.00	0.00
Total lipid (fat)	g	0.07	--	--	0.02	0.18
Ash	g	0.13	--	--	0.04	0.33
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
Sucrose	g	4.94	--	--	1.57	12.60
Glucose (dextrose)	g	0.15	--	--	0.05	0.38
Fructose	g	1.55	--	--	0.49	3.95
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Starch	g	0.00	--	--	0.00	0.00
Minerals						
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.8g	1 cup 8 fl oz 255g
Zinc, Zn	mg	0.01	--	--	0.00	0.03
Copper, Cu	mg	0.011	--	--	0.003	0.028
Manganese, Mn	mg	0.001	--	--	0.000	0.003
Selenium, Se	µg	0.0	--	--	0.0	0.0
Fluoride, F	µg	66.2	--	--	21.1	168.8
Vitamins						
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
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.0	--	--	0.0	0.0
Betaine	mg	0.1	--	--	0.0	0.3
Vitamin B-12	µg	0.00	--	--	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)	µg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.8g	1 cup 8 fl oz 255g
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
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	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0