

## Basic Report 14370, Beverages, tea, instant, lemon, sweetened, powder

Report Date: September 21, 2019 17:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving (3 heaping tsp) 23g	1 cup 182g
<b>Proximates</b>				
Water	g	0.13	0.03	0.24
Energy	kcal	401	92	730
Protein	g	0.12	0.03	0.22
Total lipid (fat)	g	0.73	0.17	1.33
Carbohydrate, by difference	g	98.55	22.67	179.36
Fiber, total dietary	g	0.7	0.2	1.3
Sugars, total	g	95.29	21.92	173.43
<b>Minerals</b>				
Calcium, Ca	mg	2	0	4
Iron, Fe	mg	0.21	0.05	0.38
Magnesium, Mg	mg	3	1	5
Phosphorus, P	mg	2	0	4
Potassium, K	mg	169	39	308
Sodium, Na	mg	5	1	9
Zinc, Zn	mg	0.03	0.01	0.05
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.011	0.003	0.020
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.125	0.029	0.228
Vitamin B-6	mg	0.015	0.003	0.027
Folate, DFE	µg	1	0	2
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	0.097	0.022	0.177
Fatty acids, total monounsaturated	g	0.033	0.008	0.060
Fatty acids, total polyunsaturated	g	0.218	0.050	0.397
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	35	8	64