

Basic Report 14409, Beverages, Orange-flavor drink, breakfast type, low calorie, powder

Report Date: August 24, 2019 11:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 portion, amount of dry mix to make 8 fl oz prepared 2.5g
Proximates			
Water	g	1.80	0.04
Energy	kcal	217	5
Protein	g	3.60	0.09
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	85.90	2.15
Fiber, total dietary	g	3.8	0.1
Sugars, total	g	2.60	0.07
Minerals			
Calcium, Ca	mg	1378	34
Iron, Fe	mg	0.07	0.00
Magnesium, Mg	mg	275	7
Phosphorus, P	mg	629	16
Potassium, K	mg	3132	78
Sodium, Na	mg	81	2
Zinc, Zn	mg	0.00	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	2400.0	60.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	6.800	0.170
Niacin	mg	80.000	2.000
Vitamin B-6	mg	8.000	0.200
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6006	150
Vitamin A, IU	IU	20000	500

Lipids

Nutrient	Unit	1 Value Per100 g	1 portion, amount of dry mix to make 8 fl oz prepared 2.5g
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
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0