

Basic Report 14476, Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon

Report Date: June 20, 2019 19:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.6g	1 bottle 8 fl oz 245g	1 bottle 12 fl oz 367g
Proximates					
Water	g	91.06	27.86	223.10	334.19
Energy	kcal	35	11	86	128
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	8.81	2.70	21.58	32.33
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	8.69	2.66	21.29	31.89
Minerals					
Calcium, Ca	mg	1	0	2	4
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	26	8	64	95
Potassium, K	mg	19	6	47	70
Sodium, Na	mg	21	6	51	77
Zinc, Zn	mg	0.01	0.00	0.02	0.04
Vitamins					
Lipids					
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	2	1	5	7