

Basic Report 14541, Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water

Report Date: September 20, 2019 06:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 32.7g	8.0 fl oz 262g
Proximates				
Water	g	90.35	29.54	236.72
Energy	kcal	37	12	97
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.01	0.00	0.03
Carbohydrate, by difference	g	9.47	3.10	24.81
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	9.23	3.02	24.18
Minerals				
Calcium, Ca	mg	17	6	45
Iron, Fe	mg	0.05	0.02	0.13
Magnesium, Mg	mg	1	0	3
Phosphorus, P	mg	0	0	0
Potassium, K	mg	1	0	3
Sodium, Na	mg	7	2	18
Zinc, Zn	mg	0.02	0.01	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	11.8	3.9	30.9
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.002	0.001	0.005
Niacin	mg	0.001	0.000	0.003
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 K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.006	0.002	0.016
Fatty acids, total monounsaturated	g	0.001	0.000	0.003
Fatty acids, total polyunsaturated	g	0.001	0.000	0.003
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0