

Basic Report 11585, Vegetable juice cocktail, low sodium, canned

Report Date: July 20, 2017 12:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 254g	6.0 fl oz 182g
Proximates				
Water	g	94.13	239.09	171.32
Energy	kcal	19	48	35
Protein	g	0.91	2.31	1.66
Total lipid (fat)	g	0.32	0.81	0.58
Carbohydrate, by difference	g	3.83	9.73	6.97
Fiber, total dietary	g	0.5	1.3	0.9
Sugars, total	g	2.78	7.06	5.06
Minerals				
Calcium, Ca	mg	15	38	27
Iron, Fe	mg	0.29	0.74	0.53
Magnesium, Mg	mg	12	30	22
Phosphorus, P	mg	19	48	35
Potassium, K	mg	204	518	371
Sodium, Na	mg	55	140	100
Zinc, Zn	mg	0.12	0.30	0.22
Vitamins				
Vitamin C, total ascorbic acid	mg	54.3	137.9	98.8
Thiamin	mg	0.050	0.127	0.091
Riboflavin	mg	0.033	0.084	0.060
Niacin	mg	0.722	1.834	1.314
Vitamin B-6	mg	0.071	0.180	0.129
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	35	89	64
Vitamin A, IU	IU	706	1793	1285
Vitamin E (alpha-tocopherol)	mg	1.02	2.59	1.86
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 cup 254g	6.0 fl oz 182g
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	6.1	15.5	11.1
Lipids				
Fatty acids, total saturated	g	0.089	0.226	0.162
Fatty acids, total monounsaturated	g	0.061	0.155	0.111
Fatty acids, total polyunsaturated	g	0.077	0.196	0.140
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0