

**Basic Report 14050, Alcoholic beverage, distilled, rum, 80 proof**

Report Date: September 22, 2019 22:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 27.8g	1 fl oz 42g
<b>Proximates</b>				
Water	g	66.60	18.51	27.97
Energy	kcal	231	64	97
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.12	0.03	0.05
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	5	1	2
Potassium, K	mg	2	1	1
Sodium, Na	mg	1	0	0
Zinc, Zn	mg	0.07	0.02	0.03
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.008	0.002	0.003
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000
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 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	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
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	0	0	0