

Basic Report 14065, Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch

Report Date: August 16, 2017 15:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	6.75 fl oz 200g
Proximates			
Water	g	87.49	174.98
Energy	kcal	45	90
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	12.50	25.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	12.50	25.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	0	0
Phosphorus, P	mg	0	0
Potassium, K	mg	0	0
Sodium, Na	mg	8	16
Zinc, Zn	mg	0.00	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	30.0	60.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.000	0.000
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	6.75 fl oz 200g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
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