

Basic Report 14096, Alcoholic beverage, wine, table, red [a](#)

Report Date: July 15, 2019 20:17 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 fl oz 29.4g | 1 serving (5 fl oz) 147g |
|--------------------------------|------|------------------------|------------------|-----------------------------|
| Proximates | | | | |
| Water | g | 86.49 | 25.43 | 127.14 |
| Energy | kcal | 85 | 25 | 125 |
| Protein | g | 0.07 | 0.02 | 0.10 |
| Total lipid (fat) | g | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference | g | 2.61 | 0.77 | 3.84 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.62 | 0.18 | 0.91 |
| Minerals | | | | |
| Calcium, Ca | mg | 8 | 2 | 12 |
| Iron, Fe | mg | 0.46 | 0.14 | 0.68 |
| Magnesium, Mg | mg | 12 | 4 | 18 |
| Phosphorus, P | mg | 23 | 7 | 34 |
| Potassium, K | mg | 127 | 37 | 187 |
| Sodium, Na | mg | 4 | 1 | 6 |
| Zinc, Zn | mg | 0.14 | 0.04 | 0.21 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.005 | 0.001 | 0.007 |
| Riboflavin | mg | 0.031 | 0.009 | 0.046 |
| Niacin | mg | 0.224 | 0.066 | 0.329 |
| Vitamin B-6 | mg | 0.057 | 0.017 | 0.084 |
| Folate, DFE | µg | 1 | 0 | 1 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 | 0 |
| Vitamin A, IU | IU | 2 | 1 | 3 |

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|------------------------------------|-------------|---------------------------------|--------------------------|-------------------------------------|
| Vitamin E (alpha-tocopherol) | mg | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.4 | 0.1 | 0.6 |
| Lipids | | | | |
| 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 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |

Footnotes

^a Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.