

Basic Report 14119, Beverages, Mixed vegetable and fruit juice drink, with added nutrients

Report Date: July 20, 2019 23:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 247g
Proximates			
Water	g	92.34	228.08
Energy	kcal	29	72
Protein	g	0.04	0.10
Total lipid (fat)	g	0.01	0.02
Carbohydrate, by difference	g	7.47	18.45
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	2.10	5.19
Minerals			
Calcium, Ca	mg	3	7
Iron, Fe	mg	0.04	0.10
Magnesium, Mg	mg	1	2
Phosphorus, P	mg	2	5
Potassium, K	mg	19	47
Sodium, Na	mg	21	52
Zinc, Zn	mg	0.01	0.02
Vitamins			
Vitamin C, total ascorbic acid	mg	32.5	80.3
Thiamin	mg	0.003	0.007
Riboflavin	mg	0.004	0.010
Niacin	mg	0.018	0.044
Vitamin B-6	mg	0.010	0.025
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	104	257
Vitamin A, IU	IU	2083	5145
Vitamin E (alpha-tocopherol)	mg	1.63	4.03

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.5	1.2
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