

## Basic Report 14187, Beverages, Clam and tomato juice, canned

Report Date: July 24, 2019 00:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.2g	1 can (5.5 oz) 166g
<b>Proximates</b>				
Water	g	87.40	26.39	145.08
Energy	kcal	48	14	80
Protein	g	0.60	0.18	1.00
Total lipid (fat)	g	0.20	0.06	0.33
Carbohydrate, by difference	g	10.95	3.31	18.18
Fiber, total dietary	g	0.4	0.1	0.7
Sugars, total	g	3.31	1.00	5.49
<b>Minerals</b>				
Calcium, Ca	mg	8	2	13
Iron, Fe	mg	0.15	0.05	0.25
Magnesium, Mg	mg	5	2	8
Phosphorus, P	mg	11	3	18
Potassium, K	mg	89	27	148
Sodium, Na	mg	362	109	601
Zinc, Zn	mg	0.08	0.02	0.13
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	5.0	1.5	8.3
Thiamin	mg	0.021	0.006	0.035
Riboflavin	mg	0.012	0.004	0.020
Niacin	mg	0.231	0.070	0.383
Vitamin B-6	mg	0.061	0.018	0.101
Folate, DFE	µg	8	2	13
Vitamin B-12	µg	0.03	0.01	0.05
Vitamin A, RAE	µg	7	2	12
Vitamin A, IU	IU	149	45	247
Vitamin E (alpha-tocopherol)	mg	0.11	0.03	0.18

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<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
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0