

## Basic Report 14202, Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated

Report Date: October 21, 2017 08:18 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 fl oz<br>29.6g |
|--------------------------------|------|------------------------|------------------|
| <b>Proximates</b>              |      |                        |                  |
| Water                          | g    | 97.80                  | 28.95            |
| Energy                         | kcal | 9                      | 3                |
| Protein                        | g    | 0.10                   | 0.03             |
| Total lipid (fat)              | g    | 0.18                   | 0.05             |
| Carbohydrate, by difference    | g    | 1.69                   | 0.50             |
| Fiber, total dietary           | g    | 0.0                    | 0.0              |
| Sugars, total                  | g    | 0.00                   | 0.00             |
| <b>Minerals</b>                |      |                        |                  |
| Calcium, Ca                    | mg   | 2                      | 1                |
| Iron, Fe                       | mg   | 0.13                   | 0.04             |
| Magnesium, Mg                  | mg   | 80                     | 24               |
| Phosphorus, P                  | mg   | 7                      | 2                |
| Potassium, K                   | mg   | 115                    | 34               |
| Sodium, Na                     | mg   | 14                     | 4                |
| Zinc, Zn                       | mg   | 0.05                   | 0.01             |
| <b>Vitamins</b>                |      |                        |                  |
| Vitamin C, total ascorbic acid | mg   | 0.2                    | 0.1              |
| Thiamin                        | mg   | 0.001                  | 0.000            |
| Riboflavin                     | mg   | 0.177                  | 0.052            |
| Niacin                         | mg   | 5.207                  | 1.541            |
| Vitamin B-6                    | mg   | 0.002                  | 0.001            |
| Folate, DFE                    | µg   | 1                      | 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             |

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|------------------------------------|-------------|---------------------------------|--------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                      |
| Vitamin D                          | IU          | 0                               | 0                        |
| Vitamin K (phylloquinone)          | µg          | 0.1                             | 0.0                      |
| <b>Lipids</b>                      |             |                                 |                          |
| Fatty acids, total saturated       | g           | 0.092                           | 0.027                    |
| Fatty acids, total monounsaturated | g           | 0.000                           | 0.000                    |
| Fatty acids, total polyunsaturated | g           | 0.092                           | 0.027                    |
| Fatty acids, total trans           | g           | 0.000                           | 0.000                    |
| Cholesterol                        | mg          | 0                               | 0                        |
| <b>Amino Acids</b>                 |             |                                 |                          |
| <b>Other</b>                       |             |                                 |                          |
| Caffeine                           | mg          | 1                               | 0                        |