

Full Report (All Nutrients) 14210, Beverages, coffee, brewed, espresso, restaurant-prepared

Report Date: November 19, 2018 08:30 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g
Proximates					
Water	g	97.80	2	--	28.95
Energy	kcal	9	--	--	3
Energy	kJ	36	--	--	11
Protein	g	0.12	--	--	0.04
Total lipid (fat)	g	0.18	2	--	0.05
Ash	g	0.23	2	--	0.07
Carbohydrate, by difference	g	1.67	--	--	0.49
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	2	2	--	1
Iron, Fe	mg	0.13	2	--	0.04
Magnesium, Mg	mg	80	2	--	24
Phosphorus, P	mg	7	2	--	2
Potassium, K	mg	115	2	--	34
Sodium, Na	mg	14	2	--	4
Zinc, Zn	mg	0.05	2	--	0.01
Copper, Cu	mg	0.050	2	--	0.015
Manganese, Mn	mg	0.050	2	--	0.015
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	2	--	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g
Thiamin	mg	0.001	2	--	0.000
Riboflavin	mg	0.177	2	--	0.052
Niacin	mg	5.207	2	--	1.541
Pantothenic acid	mg	0.028	2	--	0.008
Vitamin B-6	mg	0.002	2	--	0.001
Folate, total	µg	1	2	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	1	2	--	0
Folate, DFE	µg	1	--	--	0
Choline, total	mg	2.6	--	--	0.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.01	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.092	--	--	0.027
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
13:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
15:0	g	0.000	--	--	0.000
16:0	g	0.046	--	--	0.014
17:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
18:1 c	g	0.015	--	--	0.004
18:1 t	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.092	--	--	0.027
18:2 undifferentiated	g	0.092	--	--	0.027
18:3 undifferentiated	g	0.000	--	--	0.000
18:3 n-3 c,c,c (ALA)	g	0.000	--	--	0.000
18:3 n-6 c,c,c	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g
Fatty acids, total trans	g	0.000	--	--	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	212	2	--	63
Theobromine	mg	0	--	--	0