

Basic Report 14223, Beverages, coffee, instant, chicory

Report Date: February 20, 2018 14:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.9g	1 serving 6 fl oz 179g
Proximates				
Water	g	98.94	29.58	177.10
Energy	kcal	3	1	5
Protein	g	0.09	0.03	0.16
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	0.75	0.22	1.34
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	4	1	7
Iron, Fe	mg	0.05	0.01	0.09
Magnesium, Mg	mg	3	1	5
Phosphorus, P	mg	3	1	5
Potassium, K	mg	35	10	63
Sodium, Na	mg	7	2	13
Zinc, Zn	mg	0.01	0.00	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.003	0.001	0.005
Niacin	mg	0.218	0.065	0.390
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.9g	1 serving 6 fl oz 179g
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.001	0.000	0.002
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.001	0.000	0.002
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	21	6	38