

Basic Report 14251, Alcoholic beverages, beer, higher alcohol

Report Date: August 24, 2019 10:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.6g	1 bottle 355g
Proximates				
Water	g	91.00	27.85	323.05
Energy	kcal	58	18	206
Protein	g	0.90	0.28	3.19
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	0.27	0.08	0.96
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	8	2	28
Iron, Fe	mg	0.03	0.01	0.11
Magnesium, Mg	mg	12	4	43
Phosphorus, P	mg	32	10	114
Potassium, K	mg	62	19	220
Sodium, Na	mg	4	1	14
Zinc, Zn	mg	0.01	0.00	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.106
Riboflavin	mg	0.090	0.028	0.320
Niacin	mg	1.100	0.337	3.905
Vitamin B-6	mg	0.090	0.028	0.320
Folate, DFE	µg	18	6	64
Vitamin B-12	µg	0.02	0.01	0.07
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

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0