

Basic Report 14287, Beverages, Lemonade, powder
Report Date: July 15, 2019 20:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 18g	1 cup 218g
Proximates				
Water	g	1.43	0.26	3.12
Energy	kcal	376	68	820
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	1.05	0.19	2.29
Carbohydrate, by difference	g	97.57	17.56	212.70
Fiber, total dietary	g	0.4	0.1	0.9
Sugars, total	g	94.70	17.05	206.45
Minerals				
Calcium, Ca	mg	20	4	44
Iron, Fe	mg	0.19	0.03	0.41
Magnesium, Mg	mg	247	44	538
Phosphorus, P	mg	4	1	9
Potassium, K	mg	147	26	320
Sodium, Na	mg	51	9	111
Zinc, Zn	mg	0.10	0.02	0.22
Vitamins				
Vitamin C, total ascorbic acid	mg	39.9	7.2	87.0
Thiamin	mg	0.015	0.003	0.033
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.130	0.023	0.283
Vitamin B-6	mg	0.026	0.005	0.057
Folate, DFE	µg	6	1	13
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	0.14	0.03	0.31

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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	0.151	0.027	0.329
Fatty acids, total monounsaturated	g	0.111	0.020	0.242
Fatty acids, total polyunsaturated	g	0.457	0.082	0.996
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0