

Full Report (All Nutrients) 14287, Beverages, Lemonade, powder

Report Date: December 18, 2017 00:07 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.8 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 18g	1 cup 218g
Proximates						
Water 1	g	1.43	1	--	0.26	3.12
Energy	kcal	376	--	--	68	820
Energy	kJ	1573	--	--	283	3429
Protein	g	0.00	1	--	0.00	0.00
Total lipid (fat) 1	g	1.05	1	--	0.19	2.29
Ash	g	0.47	--	--	0.08	1.02
Carbohydrate, by difference	g	97.57	--	--	17.56	212.70
Fiber, total dietary	g	0.4	--	--	0.1	0.9
Sugars, total 1	g	94.70	1	--	17.05	206.45
Sucrose 1	g	74.45	1	--	13.40	162.30
Glucose (dextrose) 1	g	2.75	1	--	0.49	6.00
Fructose 1	g	17.50	1	--	3.15	38.15
Lactose 1	g	0.00	1	--	0.00	0.00
Maltose 1	g	0.00	1	--	0.00	0.00
Galactose 1	g	0.00	1	--	0.00	0.00
Starch 1	g	0.07	1	--	0.01	0.15
Minerals						
Calcium, Ca 1	mg	20	1	--	4	44
Iron, Fe 1	mg	0.19	1	--	0.03	0.41
Magnesium, Mg 1	mg	247	1	--	44	538
Phosphorus, P 1	mg	4	1	--	1	9
Potassium, K 1	mg	147	1	--	26	320

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 18g	1 cup 218g
Sodium, Na 1	mg	51	1	--	9	111
Zinc, Zn 1	mg	0.10	1	--	0.02	0.22
Copper, Cu 1	mg	0.045	1	--	0.008	0.098
Manganese, Mn 1	mg	0.016	1	--	0.003	0.035
Selenium, Se	µg	0.6	--	--	0.1	1.3
Vitamins						
Vitamin C, total ascorbic acid 1	mg	39.9	1	--	7.2	87.0
Thiamin	mg	0.015	1	--	0.003	0.033
Riboflavin	mg	0.000	--	--	0.000	0.000
Niacin	mg	0.130	1	--	0.023	0.283
Pantothenic acid	mg	0.060	1	--	0.011	0.131
Vitamin B-6	mg	0.026	1	--	0.005	0.057
Folate, total	µg	6	--	--	1	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	1	13
Folate, DFE	µg	6	--	--	1	13
Choline, total 1	mg	0.1	1	--	0.0	0.2
Betaine 1	mg	0.7	1	--	0.1	1.5
Vitamin B-12	µg	0.00	1	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.03	0.31
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 18g	1 cup 218g
Lipids						
Fatty acids, total saturated	g	0.151	--	--	0.027	0.329
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.000	0.002
16:0	g	0.121	--	--	0.022	0.264
18:0	g	0.029	--	--	0.005	0.063
Fatty acids, total monounsaturated	g	0.111	--	--	0.020	0.242
16:1 undifferentiated	g	0.004	--	--	0.001	0.009
18:1 undifferentiated	g	0.107	--	--	0.019	0.233
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.457	--	--	0.082	0.996
18:2 undifferentiated	g	0.405	--	--	0.073	0.883
18:3 undifferentiated	g	0.052	--	--	0.009	0.113
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD