

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

Report Date: October 22, 2017 11:33 EDT

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<br>Per100 g | Data<br>points | Std. Error | 1 serving<br>18g | 1 cup<br>218g |
|--------------------------------------|------|---------------------|----------------|------------|------------------|---------------|
| <b>Proximates</b>                    |      |                     |                |            |                  |               |
| Water <a href="#">1</a>              | 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) <a href="#">1</a>  | 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 <a href="#">1</a>      | g    | 94.70               | 1              | --         | 17.05            | 206.45        |
| Sucrose <a href="#">1</a>            | g    | 74.45               | 1              | --         | 13.40            | 162.30        |
| Glucose (dextrose) <a href="#">1</a> | g    | 2.75                | 1              | --         | 0.49             | 6.00          |
| Fructose <a href="#">1</a>           | g    | 17.50               | 1              | --         | 3.15             | 38.15         |
| Lactose <a href="#">1</a>            | g    | 0.00                | 1              | --         | 0.00             | 0.00          |
| Maltose <a href="#">1</a>            | g    | 0.00                | 1              | --         | 0.00             | 0.00          |
| Galactose <a href="#">1</a>          | g    | 0.00                | 1              | --         | 0.00             | 0.00          |
| Starch <a href="#">1</a>             | g    | 0.07                | 1              | --         | 0.01             | 0.15          |
| <b>Minerals</b>                      |      |                     |                |            |                  |               |
| Calcium, Ca <a href="#">1</a>        | mg   | 20                  | 1              | --         | 4                | 44            |
| Iron, Fe <a href="#">1</a>           | mg   | 0.19                | 1              | --         | 0.03             | 0.41          |
| Magnesium, Mg <a href="#">1</a>      | mg   | 247                 | 1              | --         | 44               | 538           |
| Phosphorus, P <a href="#">1</a>      | mg   | 4                   | 1              | --         | 1                | 9             |
| Potassium, K <a href="#">1</a>       | mg   | 147                 | 1              | --         | 26               | 320           |

| Nutrient   | Unit | 1 Value Per100 g | Data points | Std. Error | 1 serving 18g | 1 cup 218g |
|--|------|------------------|-------------|------------|---------------|------------|
| Sodium, Na <a href="#">1</a>                     | mg   | 51               | 1           | --         | 9             | 111        |
| Zinc, Zn <a href="#">1</a>                       | mg   | 0.10             | 1           | --         | 0.02          | 0.22       |
| Copper, Cu <a href="#">1</a>                     | mg   | 0.045            | 1           | --         | 0.008         | 0.098      |
| Manganese, Mn <a href="#">1</a>                  | mg   | 0.016            | 1           | --         | 0.003         | 0.035      |
| Selenium, Se                                     | µg   | 0.6              | --          | --         | 0.1           | 1.3        |
| <b>Vitamins</b>                                  |      |                  |             |            |               |            |
| Vitamin C, total ascorbic acid <a href="#">1</a> | 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 <a href="#">1</a>                 | mg   | 0.1              | 1           | --         | 0.0           | 0.2        |
| Betaine <a href="#">1</a>                        | 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 |
|------------------------------------|------|------------------|-------------|------------|---------------|------------|
| <b>Lipids</b>                      |      |                  |             |            |               |            |
| 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          |
| <b>Amino Acids</b>                 |      |                  |             |            |               |            |
| <b>Other</b>                       |      |                  |             |            |               |            |
| Alcohol, ethyl                     | g    | 0.0              | --          | --         | 0.0           | 0.0        |
| Caffeine                           | mg   | 0                | --          | --         | 0             | 0          |
| Theobromine                        | mg   | 0                | --          | --         | 0             | 0          |

**Sources of Data**

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