

## Basic Report 43382, Cranberry juice, unsweetened

Report Date: August 18, 2019 09:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g	1 fl oz 31.6g
<b>Proximates</b>				
Water	g	87.13	220.44	27.53
Energy	kcal	46	116	15
Protein	g	0.39	0.99	0.12
Total lipid (fat)	g	0.13	0.33	0.04
Carbohydrate, by difference	g	12.20	30.87	3.86
Fiber, total dietary	g	0.1	0.3	0.0
Sugars, total	g	12.10	30.61	3.82
<b>Minerals</b>				
Calcium, Ca	mg	8	20	3
Iron, Fe	mg	0.25	0.63	0.08
Magnesium, Mg	mg	6	15	2
Phosphorus, P	mg	13	33	4
Potassium, K	mg	77	195	24
Sodium, Na	mg	2	5	1
Zinc, Zn	mg	0.10	0.25	0.03
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	9.3	23.5	2.9
Thiamin	mg	0.009	0.023	0.003
Riboflavin	mg	0.018	0.046	0.006
Niacin	mg	0.091	0.230	0.029
Vitamin B-6	mg	0.052	0.132	0.016
Folate, DFE	µg	1	3	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	1
Vitamin A, IU	IU	45	114	14
Vitamin E (alpha-tocopherol)	mg	1.20	3.04	0.38

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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	5.1	12.9	1.6
<b>Lipids</b>				
Fatty acids, total saturated	g	0.010	0.025	0.003
Fatty acids, total monounsaturated	g	0.023	0.058	0.007
Fatty acids, total polyunsaturated	g	0.070	0.177	0.022
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0