

Basic Report 14430, Cranberry juice cocktail, frozen concentrate

Report Date: August 22, 2017 18:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 36.2g	1 can (12 fl oz) 435g
Proximates				
Water	g	48.40	17.52	210.54
Energy	kcal	201	73	874
Protein	g	0.05	0.02	0.22
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	51.45	18.62	223.81
Fiber, total dietary	g	0.2	0.1	0.9
Sugars, total	g	42.50	15.39	184.88
Minerals				
Calcium, Ca	mg	11	4	48
Iron, Fe	mg	0.30	0.11	1.30
Magnesium, Mg	mg	5	2	22
Phosphorus, P	mg	5	2	22
Potassium, K	mg	49	18	213
Sodium, Na	mg	4	1	17
Zinc, Zn	mg	0.07	0.03	0.30
Vitamins				
Vitamin C, total ascorbic acid	mg	45.8	16.6	199.2
Thiamin	mg	0.023	0.008	0.100
Riboflavin	mg	0.032	0.012	0.139
Niacin	mg	0.040	0.014	0.174
Vitamin B-6	mg	0.049	0.018	0.213
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	1	9
Vitamin A, IU	IU	34	12	148

Lipids

Nutrient	Unit	1 Value Per100 g	1 fl oz 36.2g	1 can (12 fl oz) 435g
Fatty acids, total saturated	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