

Basic Report 14545, Beverages, tea, herb, brewed, chamomile

Report Date: September 17, 2019 06:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.6g	6.0 fl oz 178g	1 cup (8 fl oz) 237g
Proximates					
Water	g	99.70	29.51	177.47	236.29
Energy	kcal	1	0	2	2
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	0.20	0.06	0.36	0.47
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	2	1	4	5
Iron, Fe	mg	0.08	0.02	0.14	0.19
Magnesium, Mg	mg	1	0	2	2
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	9	3	16	21
Sodium, Na	mg	1	0	2	2
Zinc, Zn	mg	0.04	0.01	0.07	0.09
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.010	0.003	0.018	0.024
Riboflavin	mg	0.004	0.001	0.007	0.009
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	1	0	2	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	2	2
Vitamin A, IU	IU	20	6	36	47
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.002	0.001	0.004	0.005
Fatty acids, total monounsaturated	g	0.001	0.000	0.002	0.002
Fatty acids, total polyunsaturated	g	0.005	0.001	0.009	0.012
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0