

Basic Report 14638, Beverages, Horchata, as served in restaurant

Report Date: July 23, 2017 08:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 228g
Proximates			
Water	g	87.10	198.59
Energy	kcal	54	123
Protein	g	0.48	1.09
Total lipid (fat)	g	0.71	1.62
Carbohydrate, by difference	g	11.52	26.27
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	9.36	21.34
Minerals			
Calcium, Ca	mg	18	41
Iron, Fe	mg	0.01	0.02
Magnesium, Mg	mg	3	7
Phosphorus, P	mg	15	34
Potassium, K	mg	34	78
Sodium, Na	mg	14	32
Zinc, Zn	mg	0.06	0.14
Vitamins			
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.047	0.107
Vitamin B-6	mg	0.017	0.039
Vitamin E (alpha-tocopherol)	mg	0.24	0.55
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Amino Acids			
Other			