

Basic Report 14209, Coffee, brewed from grounds, prepared with tap water [a](#)

Report Date: February 05, 2014 07:28 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 fl oz 29.6g	6.0 fl oz 178g	1.0 cup (8 fl oz) 237g
Proximates					
Water	g	99.39	29.42	176.91	235.55
Energy	kcal	1	0	2	2
Protein	g	0.12	0.04	0.21	0.28
Total lipid (fat)	g	0.02	0.01	0.04	0.05
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
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	0.01	0.00	0.02	0.02
Magnesium, Mg	mg	3	1	5	7
Phosphorus, P	mg	3	1	5	7
Potassium, K	mg	49	15	87	116
Sodium, Na	mg	2	1	4	5
Zinc, Zn	mg	0.02	0.01	0.04	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.014	0.004	0.025	0.033
Riboflavin	mg	0.076	0.022	0.135	0.180
Niacin	mg	0.191	0.057	0.340	0.453
Vitamin B-6	mg	0.001	0.000	0.002	0.002
Folate, DFE	µg	2	1	4	5
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.00	0.02	0.02
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0

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Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2	0.2
Lipids					
Fatty acids, total saturated	g	0.002	0.001	0.004	0.005
Fatty acids, total monounsaturated	g	0.015	0.004	0.027	0.036
Fatty acids, total polyunsaturated	g	0.001	0.000	0.002	0.002
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	40	12	71	95

Footnotes

^a Includes fast food and home brewed coffee.