

**Basic Report 14355, Tea, black, brewed, prepared with tap water**

Report Date: January 14, 2015 08:59 EST

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
<b>Proximates</b>					
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	0.30	0.09	0.53	0.71
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.02	0.01	0.04	0.05
Magnesium, Mg	mg	3	1	5	7
Phosphorus, P	mg	1	0	2	2
Potassium, K	mg	37	11	66	88
Sodium, Na	mg	3	1	5	7
Zinc, Zn	mg	0.02	0.01	0.04	0.05
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.014	0.004	0.025	0.033
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	5	1	9	12
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	0.00	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
<b>Lipids</b>					
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	0.004	0.001	0.007	0.009
Cholesterol	mg	0	0	0	0
<b>Other</b>					
Caffeine	mg	20	6	36	47