

## Alcoholic beverage, wine, table, red (1)

Refuse: 0%

NDB No: 14096 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 serving 5 fl oz ----- 147g
<b>Proximates</b>					
Water	g	86.49	0	0.000	127.14
Energy	kcal	85	0	0.000	125
Energy	kJ	356	0	0.000	523
Protein	g	0.07	0	0.000	0.10
Total lipid (fat)	g	0.00	1	0.000	0.00
Ash	g	0.28	1300	0.002	0.41
Carbohydrate, by difference	g	2.61	0	0.000	3.84
Fiber, total dietary	g	0.0	1	0.000	0.0
Sugars, total	g	0.62	1	0.000	0.91
<b>Minerals</b>					
Calcium, Ca	mg	8	1	0.000	12
Iron, Fe	mg	0.46	1	0.000	0.68
Magnesium, Mg	mg	12	1	0.000	18
Phosphorus, P	mg	23	1	0.000	34
Potassium, K	mg	127	1	0.000	187
Sodium, Na	mg	4	1	0.000	6
Zinc, Zn	mg	0.14	1	0.000	0.21

Copper, Cu	mg	0.011	1	0.000	0.016
Manganese, Mn	mg	0.132	1	0.000	0.194
Fluoride, F	mcg	104.6	14	3.255	153.8
Selenium, Se	mcg	0.2	1	0.000	0.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	1	0.000	0.0
Thiamin	mg	0.005	1	0.000	0.007
Riboflavin	mg	0.031	1	0.000	0.046
Niacin	mg	0.224	1	0.000	0.329
Pantothenic acid	mg	0.030	1	0.000	0.044
Vitamin B-6	mg	0.057	1	0.000	0.084
Folate, total	mcg	1	1	0.000	1
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	1	0	0.000	1
Folate, DFE	mcg_DF E	1	0	0.000	1
Choline, total	mg	5.7	0	0.000	8.4
Betaine	mg	0.3	1	0.000	0.4
Vitamin B-12	mcg	0.00	1	0.000	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00
Vitamin A, RAE	mcg_RA E	0	0	0.000	0
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	1	0	0.000	1
Carotene, alpha	mcg	0	0	0.000	0

Cryptoxanthin, beta	mcg	0	0	0.000	0
Vitamin A, IU	IU	2	0	0.000	3
Lycopene	mcg	0	0	0.000	0
Lutein + zeaxanthin	mcg	6	0	0.000	9
Vitamin E (alpha-tocopherol)	mg	0.00	0	0.000	0.00
Vitamin E, added	mg	0.00	0	0.000	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	0.4	0	0.000	0.6
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	0	0.000	0.000
4:0	g	0.000	0	0.000	0.000
6:0	g	0.000	0	0.000	0.000
8:0	g	0.000	0	0.000	0.000
10:0	g	0.000	0	0.000	0.000
12:0	g	0.000	0	0.000	0.000
14:0	g	0.000	0	0.000	0.000
16:0	g	0.000	0	0.000	0.000
18:0	g	0.000	0	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0	0.000	0.000
16:1 undifferentiated	g	0.000	0	0.000	0.000
18:1 undifferentiated	g	0.000	0	0.000	0.000
20:1	g	0.000	0	0.000	0.000
22:1 undifferentiated	g	0.000	0	0.000	0.000

Fatty acids, total polyunsaturated	g	0.000	0	0.000	0.000
18:2 undifferentiated	g	0.000	0	0.000	0.000
18:3 undifferentiated	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
<b>Other</b>					
Alcohol, ethyl	g	10.6	1300	0.020	15.6
Caffeine	mg	0	0	0.000	0
Theobromine	mg	0	0	0.000	0

**Footnotes:**

1 Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.

USDA National Nutrient Database for Standard Reference, Release 23 (2010)