

Balsamic Vinegar

<i>Nutrient</i>	<i>Unit</i>	<i>1 per 100 g</i>	<i>1 tbsp = 16.0g</i>	<i>1 cup = 255.0g</i>	<i>1 tsp = 5.3g</i>
Proximates					
Water	g	76.45	12.23	194.95	4.05
Energy	kcal	88	14	224	5
Protein	g	0.49	0.08	1.25	0.03
Total lipid (fat)	g	0	0	0	0
Carbohydrate, by difference	g	17.03	2.72	43.43	0.9
Sugars, total	g	14.95	2.39	38.12	0.79
Minerals					
Calcium, Ca	mg	27	4	69	1
Iron, Fe	mg	0.72	0.12	1.84	0.04
Magnesium, Mg	mg	12	2	31	1
Phosphorus, P	mg	19	3	48	1
Potassium, K	mg	112	18	286	6
Sodium, Na	mg	23	4	59	1
Zinc, Zn	mg	0.08	0.01	0.2	0
Vitamins					
Vitamin C, total ascorbic acid	mg	0	0	0	0
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Lipids					
Fatty acids, total saturated	g	0	0	0	0
Fatty acids, total trans	g	0	0	0	0
Amino Acids					

Source: USDA National Nutrient Database for Standard Reference 28 slightly revised May 2016

Footnotes

(b)"Acetic acid is included in energy calculation."

(a)"Contains 6% acetic acid. Total proximates do not equal 100%."