

White Distilled Vinegar

<i>Nutrient</i>	<i>Unit</i>	<i>1 per 100 g</i>	<i>1 tbsp = 14.9g</i>	<i>1 cup = 238.0g</i>	<i>1 tsp = 5.0g</i>
Proximates					
Water	g	94.78	14.12	225.58	4.74
Energy	kcal	18	3	43	1
Protein	g	0	0	0	0
Total lipid (fat)	g	0	0	0	0
Carbohydrate, by difference	g	0.04	0.01	0.1	0
Fiber, total dietary	g	0	0	0	0
Sugars, total	g	0.04	0.01	0.1	0
Minerals					
Calcium, Ca	mg	6	1	14	0
Iron, Fe	mg	0.03	0	0.07	0
Magnesium, Mg	mg	1	0	2	0
Phosphorus, P	mg	4	1	10	0
Potassium, K	mg	2	0	5	0
Sodium, Na	mg	2	0	5	0
Zinc, Zn	mg	0.01	0	0.02	0
Vitamins					
Vitamin C, total ascorbic acid	mg	0	0	0	0
Thiamin	mg	0	0	0	0
Riboflavin	mg	0	0	0	0
Niacin	mg	0	0	0	0
Vitamin B-6	mg	0	0	0	0
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0	0	0	0
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0	0	0	0
Vitamin D (D2 + D3)	µg	0	0	0	0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0	0	0	0
Lipids					
Fatty acids, total saturated	g	0	0	0	0
Fatty acids, total monounsaturated	g	0	0	0	0
Fatty acids, total polyunsaturated	g	0	0	0	0
Fatty acids, total trans	g	0	0	0	0
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

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

Footnotes

(a)"Contains 5% acetic acid. Total proximates do not equal 100%."

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