



Nutritional Analysis Bio Matcha Tea Delicacy

Nutrition facts	Per serving (1g)	Per 100 gramm
Total Calories	3,34 kcal	334,4 kcal
Calories from Fat	0,30 kcal	30 kcal
Carbohydrate	337 mg	33,7 g
Sugars	19,8 mg	1,98 g
Total Dietary Fibers	317 mg	31,7 g
Water soluble fiber	52 mg	5,2 g
Water insoluble fiber	265 mg	26,5 g
Proteins	266 mg	26,6 g
Total Fat	33,7 mg	3,37 g
Saturated Fatty Acid	7,9 mg	0,79 g
Monounsaturated Fatty Acid	3,0 mg	0,30 g
Polyunsaturated Fatty Acid	22,8 mg	2,28 g
Trans Fatty Acid	not detected	
Tannin	104 mg	10,4 g
ORAC Score	1685	
Iron	0,095 mg	0,0095 g
Calcium	3,63 mg	0,363 g
Zinc	0,037 mg	0,0037 g
Potassium	22,35 mg	2,235 g
Sodium	0,045mg	0,0045 g
Vitamin A		
β -carotene	283 μ g	28,3 mg
retinol equivalent	23,55 μ g	2,355 mg
Vitamin C	1,78 mg	0,178 g
Vitamin E	254 μ g	25,4 mg
Caffeine	32 mg	3,2 g
Theophylline	not detected	
Cholesterol	not detected	



Total Catechins	122 mg	12,2 g
Epigallocatechin Gallate	67 mg	6,7 g
Epigallocatechin	37 mg	3,7 g
Epicatechin Gallate	11 mg	1,1 g
Epicatechin	7 mg	0,7 g
Gallocatechin	not detected	
Gallocatechin Gallate	not detected	
Catechin Gallate	not detected	
Catechin	not detected	
Total Amino Acid	27,53 mg	2,753 g
L-Aspartic Acid	4,62 mg	0,462 g
L-Glutamine Acid	2,93 mg	0,293 g
L-Asparagine	1,13 mg	0,113 g
L-Serine	1,40 mg	0,140 g
L-Glutamine	1,41 mg	0,141 g
L-Threonine	0,54 mg	0,054 g
L-Arginine	2,79 mg	0,279 g
L-Alanine	0,82 mg	0,082 g
L-Theanine	10,37 mg	1,037 g
L-Tyrosine	0,38 mg	0,038 g
L-Valine	0,42 mg	0,042 g
L-Methionine	not detected	
γ-Amino Butyric Acid	not detected	
L-Isoleucine	0,22 mg	0,022 g
L-Phenylalanine	0,36 mg	0,036 g
L-Leucine	0,14 mg	0,014 g
L-Lysine	not detected	

Source: Brunswick Laboratorien, Covance Laboratorien