

Coffee Bean Nutrition



Black coffee contains a number of micronutrients, notably potassium, magnesium and niacin. The sodium level is very low. The data below provides the micronutrient nutritional profile of 100ml of medium strength black coffee



Micronutrient	Composition per 100ml
Sodium	Trace
Potassium	92mg
Magnesium	8mg
Manganese	0.05mg
Riboflavin	0.01mg
Niacin	0.7mg



Black coffee contains no significant amounts of the macronutrients, fat, carbohydrate and protein and therefore contains only 1-2 kcal per 100ml.

However, the final nutritional profile of a cup of coffee will be affected by several factors:

The addition of milk, cream, sugar or other sweeteners to taste will affect the final nutritional value and may increase the calorie content

The variation in cup sizes used across Europe may alter the nutritional value



Micronutrients contained in 100ml of medium strength, black caffeinated coffee

The type of water used in preparation (i.e. hard or soft water) may influence the micronutrient content of a cup of black coffee, particularly in relation to calcium and magnesium levels. Slight variations in composition may occur due to origin, growing conditions, blend composition and processing of the coffee.