

Nutrient Analysis of Bubble Tea

Step 1 Ingredient list and number of servings (information obtained from recipe)

Number of servings: 1

Ingredients	Amount
Tapioca pearl (dry)	50 g
Brown sugar	45 g
Tea bag	2
Milk	½ cup
Whole milk powder	2 Tbsp
Water	235 ml

Water does not contain energy and nutrients, therefore it is not included in the calculation below.

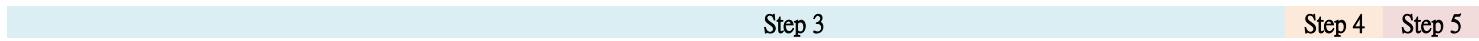
Step 2 Convert the unit of ingredients

Ingredients	Amount in recipe	Unit corresponds to database (i.e. in grams)	Remark
Tapioca pearl (dry)	50 g	50	
Brown sugar	45 g	45	
Tea bag	2	N/A	Tea bag is brewed with water. According to USDA National Nutrient Database, brewed tea does not give energy and nutrients. ^C
Milk	½ cup	122	According to USDA National Nutrient Database, 1 cup whole milk equals to 244 g
Whole milk powder	2 Tbsp	9.2	According to USDA National Nutrient Database, 1 Tbsp whole milk powder equals to 4.6 g
Water	235 ml	N/A	

Step 3 Nutritional profile for each ingredient

Step 4 Summation of nutritional profile for all ingredients

Step 5 Divided by number of servings



Energy/nutrient	Unit	Tapioca, pearl, dry (木薯粉圓(乾)) ^A		Sugar, Brown (紅 糖) ^A		Beverages, tea, black, ready to drink ^C		Full cream milk (全脂奶) ^A		Milk, dry, whole, without added vitamin D (全脂奶 粉(無添加維他命 D)) ^B		Total (1 serving)	Nutrition al profile of each serving
		100 g	50 g	100 g	45 g	100 g	N/A	100 g	122 g	100 g	9.2 g		
Energy	kcal	358	179	372	167.4	0	0	64	78.08	496	45.632	470	470
Protein	g	0.19	0.095	0.20	0.09	0.00	0.00	3.10	3.782	26.32	2.42144	6	6
Carbohydrates	g	88.69	44.345	96.80	43.56	0.00	0.00	4.70	5.734	38.42	3.53464	97	97
Total fat	g	0.22	0.11	0.00	0	0.00	0.00	3.70	4.514	26.71	2.45732	7	7
Dietary fibre	g	0.9	0.45	0.0	0	0.0	0.0	0.0	0	0.0	0	0	0
Calcium	mg	20	10	150	67.5	0	0	110	134.2	912	83.904	296	296
Vitamin C	mg	0.0	0	0.0	0	0	0	N/A	N/A	8.6	0.7912	1	1

Result:

One serving of bubble tea made by this recipe provides:

Energy	470 kcal
Protein	6 g
Carbohydrates	97 g
Total fat	7 g
Dietary fibre	0 g
Calcium	296 mg
Vitamin C	1 mg

Sources:

A Food Nutrient Finder. Retrieved from <https://www.cfs.gov.hk/english/nutrient/searchmenu.php>

B Get Ready for FoodData Central, a New USDA Food and Nutrient Data System. Retrieved from <https://ndb.nal.usda.gov/ndb/>

C "Beverages, tea, black, ready to drink", Get Ready for FoodData Central, a New USDA Food and Nutrient Data System. Retrieved from <https://ndb.nal.usda.gov/ndb/>