

Nutritional Analysis

Meiko Matcha

Per serving (1 gram)

Total Calories	2.91 cal/g	Total Catechins	121 mg/g
Calories from Fat	0.36 cal/g	Epigallocatechin Gallate	66 mg/g
Carbohydrate	348 mg/g	Epigallocatechin	30 mg/g
Sugars	16.2 mg/g	Epicatechin Gallate	15mg/g
Total Dietary Fiber	332 mg/g	Epicatechin	6 mg/g
Water soluble fiber	43 mg/g	Gallocatechin	not detected
Water insoluble fiber	289 mg/g	Gallocatechin Gallate	1 mg/g
Protein	289 mg/g	Catechin Gallate	1 mg/g
Total Fat	40 mg/g	Catechin	2 mg/g
Saturated Fatty Acid	9.6 mg/g		
Monounsaturated Fatty Acid	3.4 mg/g	Total Amino Acid	49.76 mg/g
Polyunsaturated Fatty Acid	27 mg/g	L-Aspartic Acid	7.23 mg/g
Trans Fatty Acid	not detected	L-Glutamine Acid	5.59 mg/g
Tannin	89 mg/g	L-Asparagine	2.28 mg/g
ORAC Score	1384 unit	L-Serine	1.25 mg/g
		L-Glutamine	1.08 mg/g
Iron	0.17mg/g	L-Threonine	0.91 mg/g
Calcium	3.25 mg/g	L-Arginine	8.33 mg/g
Zinc	0.047mg/g	L-Alanine	0.64 mg/g
Potassium	21.13 mg/g	L-Theanine	19.5 mg/g
Sodium	0.074 mg/g	L-Tyrosine	0.37 mg/g
Vitamin A		L-Valine	0.27 mg/g
β-carotene	292 µg/g	L-Methionine	not detected
retinol equivalent	24.3 µg/g	γ-Amino Butyric Acid	0.18 mg/g
Vitamin C	1.6 mg/g	L-Isoleucine	0.36 mg/g
Vitamin E	220 µg/g	L-Phenylalanine	0.56 mg/g
		L-Leucine	0.32 mg/g
Caffeine	34 mg/g	L-Lysine	0.09mg/g
Cholesterol	not detected		

The nutritional values shown are based on sample testing.
Matchaeologist does not guarantee these values with each product and these values will not be displayed in the actual Certificate of Analysis.