Calorie chart: coffee and tea (PDF)

Calories, protein, carbohydrate and fat for 62 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
AriZona Lemon Tea	1 fl oz (30.6 g)	12	**39**	0	9.8	0
Black Tea	1 cup (8 fl oz) (237 g)	2	**1**	0	0.3	0
Black Tea with Distilled Water	1 fl oz (29.6 g)	0	**1**	0	0.3	0
Bottled Black Tea	16 fl oz (473 g)	0	**0**	0	0	0
Bottled Decaf Black Tea	1 cup (240 g)	91	**38**	0	8.8	0
Bottled Diet Decaf Black Tea	1 cup (240 g)	0	**0**	0	0.8	0
Bottled Diet Green Tea	1 cup (269 g)	11	**4**	0	0.9	0
Bottled Diet Lemon Black Tea	1 cup (265 g)	3	**1**	0	0.2	0
Bottled Diet Lemon Tea	16 fl oz (473 g)	9	**2**	0	0.4	0
Bottled Diet Peach Black Tea	1 cup (268 g)	3	**1**	0	0.3	0
Bottled Iced Coffee	1 cup (262 g)	186	**71**	2	12.6	1.4
Bottled Iced Mocha Coffee	1 cup (265 g)	159	**60**	1.5	11.4	1
Breakfast Blend Coffee	1 cup (248 g)	5	**2**	0.3	0.2	0
Cereal Grain Coffee Substitute Powder	1 tsp (1 serving) (3 g)	11	**360**	6	78.4	2.5
Chamomile Tea	1 cup (8 fl oz) (237 g)	2	**1**	0	0.2	0
Coffee	1 cup (8 fl oz) (237 g)	2	**1**	0.1	0	0
Coffee Substitute with Water	1 fl oz (30.1 g)	2	**6**	0.1	1.3	0
Coffee Substitute with Whole Milk	6 fl oz (185 g)	120	**65**	3.3	5.6	3.3
Decaf Black Tea	1 fl oz (29.6 g)	0	**1**	0	0.3	0
Decaf Coffee	1 cup (8 fl oz) (237 g)	0	**0**	0.1	0	0
Decaf Espresso	1 fl oz (29.6 g)	3	**9**	0.1	1.7	0.2
Decaf Green Tea	240 ml (240 g)	0	**0**	0	0	0
Decaf Instant Coffee	1 fl oz (29.9 g)	1	**2**	0.1	0.4	0
Decaf Instant Coffee and Cocoa Mix	1 tsp dry (6.4 g)	28	**440**	9	71.4	13.2
Decaf Instant Coffee Powder	1 tsp rounded (1.8 g)	6	**351**	11.6	76	0.2
Decaf Instant Green Tea with Lemon	2 tbsp (4.5 g)	17	**378**	0	94.5	0
Decaf Vanilla Instant Coffee	1 serving (15 g)	70	**465**	0	86.3	13.3
Diet Citrus Green Tea	1 cup (265 g)	3	**1**	0	0.3	0
Diet Decaf Instant Lemon Tea	2 tsp (1.6 g)	5	**338**	3.3	85.4	0.6
Diet Instant Lemon Tea	1 fl oz (29.8 g)	1	**2**	0	0.4	0
Espresso	1 fl oz (29.6 g)	3	**9**	0.1	1.7	0.2
Green Tea	1 cup (245 g)	2	**1**	0.2	0	0
Green Tea with Ginseng and Honey	1 cup (260 g)	78	**30**	0	7.2	0.2
Herbal Tea	1 cup (8 fl oz) (237 g)	2	**1**	0	0.2	0
Hibiscus Tea	8 fl oz (237 g)	0	**0**	0	0	0
Instant Chicory Coffee	1 fl oz (29.9 g)	1	**3**	0.1	0.8	0
Instant Coffee	1 serving 6 fl oz (179 g)	4	**2**	0.1	0.3	0
Instant Coffee Half the Caffeine	1 tsp (1 g)	4	**352**	14.4	73.2	0.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Instant Coffee Powder	1 tsp (1 g)	4	**353**	12.2	75.4	0.5
Instant Coffee with Chicory	1 tsp, rounded (1.8 g)	6	**355**	9.3	78.9	0.2
Instant Lemon Tea with Saccharin	2 tsp (1.6 g)	5	**338**	3.3	85.4	0.6
Instant Lemon Tea with Vitamin C	1 cup (182 g)	701	**385**	0.6	97.6	0.3
Kraft French Vanilla Instant Coffee	1 NLEA serving (14 g)	67	**481**	2.5	74.6	19.2
Light Instant Coffee with Whitener	1 tsp dry (1.7 g)	9	**509**	2	59.9	29.1
Light Vanilla Coffee Drink	9.5 fl oz (281 g)	101	**36**	2.1	4.3	1.1
Lipton Brisk Lemon Tea	1 fl oz (30.6 g)	11	**35**	0	8.8	0
Nestea Lemon Tea	1 fl oz (30.6 g)	11	**36**	0	9.1	0
Oolong Tea	100 g	1	**1**	0	0.2	0
Snapple Diet Lemon Tea	100 g	2	**2**	0.1	0.1	0
Snapple Diet Peach Tea	100 g	2	**2**	0.1	0.1	0
Sweetened Bottled Green Tea	1 cup (270 g)	73	**27**	0	6.2	0.2
Sweetened Decaf Instant Lemon Tea	1 cup (182 g)	730	**401**	0.1	98.6	0.7
Sweetened Iced Tea	1 cup (271 g)	122	**45**	0	10.8	0.2
Sweetened Instant Lemon Tea Powder	1 cup (182 g)	730	**401**	0.1	98.6	0.7
Sweetened Instant Lemon Tea Prepared	1 cup (8 fl oz) (259 g)	91	**35**	0	8.6	0.1
Sweetened Instant Mocha Coffee	1 serving 2 tbsp (13 g)	60	**460**	5.3	74	15.9
Unsweetened Bottled Green Tea	16 fl oz (473 g)	0	**0**	0	0	0
Unsweetened Decaf Instant Tea	1 serving 2 tsp (0.7 g)	2	**315**	20.2	58.7	0
Unsweetened Instant Lemon Tea	1 tsp, rounded (1.4 g)	5	**345**	7.4	78.5	0.2
Unsweetened Instant Tea Powder	1 serving 1 tsp (0.7 g)	2	**315**	20.2	58.7	0
Unsweetened Instant Tea Prepared	1 fl oz (29.7 g)	0	**1**	0.1	0.2	0
Wendy's Unsweetened Iced Tea	1 fl oz (29.6 g)	0	**1**	0.2	0	0

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/coffee-and-tea/