Calorie chart: alcoholic drinks (PDF)

Calories, protein, carbohydrate and fat for 71 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)
100 Proof Liquor	1 fl oz (27.8 g)	82	**295**	0	0	0
80 Proof Liquor	1 jigger (1.5 fl oz) (42 g)	97	**231**	0	0	0
86 Proof Liquor	1 fl oz (27.8 g)	70	**250**	0	0.1	0
90 Proof Liquor	1 fl oz (27.8 g)	73	**263**	0	0	0
94 Proof Liquor	1 fl oz (27.8 g)	76	**275**	0	0	0
Amber Hard Cider	12 fl oz (355 g)	199	**56**	0	5.9	0
Barbera	1 fl oz (29.4 g)	25	**85**	0.1	2.8	0
Beer	1 can (356 g)	153	**43**	0.5	3.6	0
Bud Light	1 fl oz (29.5 g)	9	**29**	0.3	1.3	0
Budweiser	1 fl oz (29.8 g)	12	**41**	0.4	3	0
Budweiser Select	1 fl oz (29.5 g)	8	**28**	0.2	0.9	0
Burgundy Wine	1 fl oz (29.5 g)	25	**86**	0.1	3.7	0
Cabernet Franc	1 fl oz (29.4 g)	24	**83**	0.1	2.5	0
Cabernet Sauvignon	1 serving (5 fl oz) (147 g)	122	**83**	0.1	2.6	0
Canned Daiquiri	1 fl oz (30.5 g)	38	**125**	0	15.7	0
Canned Pina Colada	1 fl oz (32.6 g)	77	**237**	0.6	27.6	7.6
Canned Tequila Sunrise	1 fl oz (31.1 g)	34	**110**	0.3	11.3	0.1
Canned Whiskey Sour	1 fl oz (30.8 g)	37	**119**	0	13.4	0
Carignane Wine	1 fl oz (29.4 g)	22	**74**	0.1	2.4	0
Chardonnay	1 serving 5 fl oz (147 g)	123	**84**	0.1	2.2	0
Chenin Blanc	1 fl oz (29.5 g)	24	**80**	0.1	3.3	0
Claret Wine	1 fl oz (29.4 g)	24	**83**	0.1	3	0
Coffee Liqueur 53 Proof	1 fl oz (34.8 g)	117	**336**	0.1	46.8	0.3
Coffee Liqueur 63 Proof	1 fl oz (34.8 g)	107	**308**	0.1	32.2	0.3
Coffee Liqueur with Cream	1 fl oz (31.1 g)	102	**327**	2.8	20.9	15.7
Creme de Menthe	1 fl oz (33.6 g)	125	**371**	0	41.6	0.3
Daiquiri	1 cocktail (2 fl oz) (60 g)	112	**186**	0.1	6.9	0.1
Dry Dessert Wine	1 fl oz (29.5 g)	45	**152**	0.2	11.7	0
Fume Blanc	1 fl oz (29.3 g)	24	**82**	0.1	2.3	0
Gamay Wine	1 fl oz (29.4 g)	23	**78**	0.1	2.4	0
Gewurztraminer	1 fl oz (29.5 g)	24	**81**	0.1	2.6	0
Hard Lemonade	11.2 fl oz (335 g)	228	**68**	0	10.1	0
Higher Alcohol Beer	1 fl oz (30.6 g)	18	**58**	0.9	0.3	0
Higher Alcohol Light Beer	12 fl oz (356 g)	164	**46**	0.3	0.8	0
Late Harvest Gewurztraminer	1 fl oz (30.5 g)	33	**108**	0.1	11.4	0
Late Harvest White Wine	1 fl oz (30.8 g)	34	**112**	0.1	13.4	0
Lemberger Wine	1 fl oz (29.4 g)	24	**80**	0.1	2.5	0
Light Beer	1 can or bottle (12 fl oz) (354 g)	103	**29**	0.2	1.6	0
Light Wine	1 fl oz (29.5 g)	14	**49**	0.1	1.2	0
Low Carb Light Beer	1 fl oz (29.5 g)	8	**27**	0.2	0.7	0
Malt Liquor	1 bottle (1,184 g)	474	**40**	0.4	0	0

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Merlot	1 serving 5 fl oz (147 g)	122	**83**	0.1	2.5	0
Mourvedre Wine	1 fl oz (29.4 g)	26	**88**	0.1	2.6	0
Muller-Thurgau	1 fl oz (29.5 g)	22	**76**	0.1	3.5	0
Muscat Wine	1 fl oz (30 g)	25	**82**	0.1	5.2	0
Non-Alcoholic Beer	1 cup (237 g)	88	**37**	0.2	8.1	0.1
Non-Alcoholic Wine	1 fl oz (29 g)	2	**6**	0.5	1.1	0
Petite Sirah	1 fl oz (29.5 g)	25	**85**	0.1	2.7	0
Pina Colada	1 cocktail (4.5 fl oz) (141 g)	245	**174**	0.4	22.7	1.9
Pinot Blanc	1 fl oz (29.3 g)	24	**81**	0.1	1.9	0
Pinot Grigio	1 serving (5 fl oz) (147 g)	122	**83**	0.1	2.1	0
Pinot Noir	1 serving (5 fl oz) (147 g)	121	**82**	0.1	2.3	0
Red Wine	1 serving (5 fl oz) (147 g)	125	**85**	0.1	2.6	0
Riesling	1 fl oz (29.6 g)	24	**80**	0.1	3.7	0
Rose Wine	1 fl oz (30.3 g)	25	**83**	0.4	3.8	0
Rum	1.5 fl oz (42 g)	97	**231**	0	0	0
Sake	1 fl oz (29.1 g)	39	**134**	0.5	5	0
Sangiovese	1 fl oz (29.4 g)	25	**86**	0.1	2.6	0
Sauvignon Blanc	1 serving (5 fl oz) (147 g)	119	**81**	0.1	2.1	0
Semillon	1 fl oz (29.5 g)	24	**82**	0.1	3.1	0
Sweet Dessert Wine	1 fl oz (29.5 g)	47	**160**	0.2	13.7	0
Syrah	1 fl oz (29.4 g)	24	**83**	0.1	2.6	0
Table Wine	1 serving (5 fl oz) (148 g)	123	**83**	0.1	2.7	0
Tequila	1 shot (42 g)	97	**231**	0	0	0
Vodka	1.5 fl oz (42 g)	97	**231**	0	0	0
Whiskey	1 jigger (1.5 fl oz) (42 g)	105	**250**	0	0.1	0
Whiskey Sour	1 fl oz (30.4 g)	45	**149**	0	13.2	0
Whiskey Sour from Powder Mix	1 fl oz (29.4 g)	48	**164**	0.1	15.9	0
Whiskey Sour Prepared from Mix	1 fl oz (30.4 g)	47	**153**	0.1	12.8	0.1
White Wine	1 serving (5 fl oz) (147 g)	121	**82**	0.1	2.6	0
Zinfandel	1 fl oz (29.4 g)	26	**88**	0.1	2.9	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/alcoholic-drinks/