Alcohol Content and Calories Chart

Alcohol by volume, proof, calories, carbohydrate and grams of alcohol per serving · built 3 Nov 2026 · atozalcohol.com

How to read this chart. US proof = twice the alcohol by volume (27 CFR 5.1). The NIAAA rows show the typical strength of one standard drink (14 g of pure alcohol); calories for those are not given by the NIAAA. USDA rows are generic products ("typical"), not brands. Brand rows come from the maker page or label read on the date shown. "not given" means the source does not publish it.

Typical strengths in one US standard drink (NIAAA)

Drink	ABV	Proof	Serving	Calories	Carbs (g)	Alcohol (g)	Source and date read
Regular beer	about 5%	about 10	12 fl oz			14	NIAAA: What is a standard drink?, read 3 Nov 2026
Malt liquor	about 7%	about 14	8-9 fl oz			14	NIAAA: What is a standard drink?, read 3 Nov 2026
Table wine	about 12%	about 24	5 fl oz			14	NIAAA: What is a standard drink?, read 3 Nov 2026
Distilled spirits (gin, rum, tequila, vodka, whiskey)	about 40%	about 80	1.5 fl oz			14	NIAAA: What is a standard drink?, read 3 Nov 2026

Per serving (USDA FoodData Central and the makers)

Drink	ABV	Proof	Serving	Calories	Carbs (g)	Alcohol (g)	Source and date read
Coffee liqueur (53 proof, typical)	26.5%	53	1.5 fl oz serving	175	24.3	11.3	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur (63 proof, typical)	31.5%	63	1.5 fl oz serving	160	16.7	13.5	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur with cream (34 proof, typical)	17%	34	1.5 fl oz serving	154	9.8	6.5	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Vodka (80 proof)	40%	80	1.5 fl oz shot	97	0.0	14.0	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Rum (80 proof)	40%	80	1.5 fl oz shot	97	0.0	14.0	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Whiskey (86 proof)	43%	86	1.5 fl oz shot	105	0.0	15.1	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Gin, rum, vodka or whiskey (80 proof)	40%	80	1.5 fl oz shot	97	0.0	14.0	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Red table wine	not given	not given	5 fl oz glass	125	3.8	15.6	USDA FoodData Central, SR Legacy, read 31 Oct 2026
White table wine	not given	not given	5 fl oz glass	120	3.8	15.1	USDA FoodData Central, SR Legacy, read 31 Oct 2026

Per serving (USDA FoodData Central and the makers)

Drink	ABV	Proof	Serving	Calories	Carbs (g)	Alcohol (g)	Source and date read
Sweet dessert wine	not given	not given	3.5 fl oz glass	165	14.1	15.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Dry dessert wine	not given	not given	3.5 fl oz glass	157	12.1	15.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Regular beer	not given	not given	12 fl oz can	153	12.6	13.9	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Kahlúa Original (20% ABV, US/EU bottling)	20%	40	1.5 fl oz (44 ml) serving	119	17.7	7.0	Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine), read 31 Oct 2026
Baileys Original Irish Cream (17% ABV)	17%	34	50 ml serving (producer's serve)	157	10.8	6.8	Baileys product page (Baileys ROW), read 31 Oct 2026
Frangelico hazelnut liqueur (20% ABV)	20%	40	1.5 fl oz (44 ml) serving	not given	not given	7.0	Frangelico official site footer, read 31 Oct 2026
Cointreau L'Unique (40% ABV)	40%	80	30 ml serving (producer's serving)	93	6.6	9.5	Cointreau FAQ (US site, read in Chrome), read 31 Oct 2026
Patrón Silver tequila (40% ABV)	40%	80	44 ml (1.5 fl oz) serving	98	0.0	13.9	Patrón Silver product page, read 31 Oct 2026
Tito's Handmade Vodka (40% ABV, 80 proof)	40%	80	1.5 fl oz (44 ml) serving	98	not given	14.0	Tito's Contact & FAQs, read 31 Oct 2026
Don Julio Reposado tequila (40% ABV)	40%	80	1.5 fl oz (44 ml) serving	not given	not given	14.0	Don Julio Reposado product page, read 31 Oct 2026

Free calculators on atozalcohol.com/tools/: standard drinks, UK units, shots in a bottle, ABV to proof, calories, rubbing alcohol dilution.

Sources (web addresses)

NIAAA: What is a standard drink?: https://www.niaaa.nih.gov/alcohols-effects-health/what-standard-drink
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175097/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173665/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175098/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174818/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174817/nutrients
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USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175112/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/168746/nutrients
Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine): https://e-label.pernod-ricard.com/L00032
Baileys product page (Baileys ROW): https://www.baileys.com/en/products/baileys-original-irish-cream
Frangelico official site footer: https://frangelico.com/
Cointreau FAQ (US site, read in Chrome): https://www.cointreau.com/us/en/faq
Patrón Silver product page: https://www.patrontequila.com/en-gb/products/patron-silver.html
Tito's Contact & FAQs: https://www.titosvodka.com/contact-faqs
Don Julio Reposado product page: https://www.donjulio.com/en-us/our-tequilas/don-julio-reposado-tequila
27 CFR 5.1: definition of proof (eCFR): https://www.ecfr.gov/current/title-27/chapter-I/subchapter-A/part-5/subpart-A/section-5.1