

Basic Report 01113, Whey, acid, dried

Report Date: March 06, 2015 06:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 57g	1 tbsp 2.9g
Proximates				
Water	g	3.51	2.00	0.10
Energy	kcal	339	193	10
Protein	g	11.73	6.69	0.34
Total lipid (fat)	g	0.54	0.31	0.02
Carbohydrate, by difference	g	73.45	41.87	2.13
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	73.45	41.87	2.13
Minerals				
Calcium, Ca	mg	2054	1171	60
Iron, Fe	mg	1.24	0.71	0.04
Magnesium, Mg	mg	199	113	6
Phosphorus, P	mg	1349	769	39
Potassium, K	mg	2289	1305	66
Sodium, Na	mg	968	552	28
Zinc, Zn	mg	6.31	3.60	0.18
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.5	0.0
Thiamin	mg	0.622	0.355	0.018
Riboflavin	mg	2.060	1.174	0.060
Niacin	mg	1.160	0.661	0.034
Vitamin B-6	mg	0.620	0.353	0.018
Folate, DFE	µg	33	19	1
Vitamin B-12	µg	2.50	1.42	0.07
Vitamin A, RAE	µg	17	10	0
Vitamin A, IU	IU	59	34	2
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.342	0.195	0.010
Fatty acids, total monounsaturated	g	0.149	0.085	0.004
Fatty acids, total polyunsaturated	g	0.021	0.012	0.001
Cholesterol	mg	3	2	0
Other				
Caffeine	mg	0	0	0