

**Basic Report 01114, Whey, sweet, fluid**

Report Date: January 28, 2015 09:12 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
<b>Proximates</b>				
Water	g	93.12	229.08	916.30
Energy	kcal	27	66	266
Protein	g	0.85	2.09	8.36
Total lipid (fat)	g	0.36	0.89	3.54
Carbohydrate, by difference	g	5.14	12.64	50.58
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.14	12.64	50.58
<b>Minerals</b>				
Calcium, Ca	mg	47	116	462
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	8	20	79
Phosphorus, P	mg	46	113	453
Potassium, K	mg	161	396	1584
Sodium, Na	mg	54	133	531
Zinc, Zn	mg	0.13	0.32	1.28
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.1	0.2	1.0
Thiamin	mg	0.036	0.089	0.354
Riboflavin	mg	0.158	0.389	1.555
Niacin	mg	0.074	0.182	0.728
Vitamin B-6	mg	0.031	0.076	0.305
Folate, DFE	µg	1	2	10
Vitamin B-12	µg	0.28	0.69	2.76
Vitamin A, RAE	µg	3	7	30
Vitamin A, IU	IU	12	30	118
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 246g</b>	<b>1 quart 984g</b>
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.230	0.566	2.263
Fatty acids, total monounsaturated	g	0.100	0.246	0.984
Fatty acids, total polyunsaturated	g	0.011	0.027	0.108
Cholesterol	mg	2	5	20
<b>Other</b>				
Caffeine	mg	0	0	0