

Basic Report 01153, Milk, canned, evaporated, with added vitamin A

Report Date: March 05, 2015 23:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.5g	0.5 cup 126g
Proximates				
Water	g	74.04	23.32	93.29
Energy	kcal	134	42	169
Protein	g	6.81	2.15	8.58
Total lipid (fat)	g	7.56	2.38	9.53
Carbohydrate, by difference	g	10.04	3.16	12.65
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	261	82	329
Iron, Fe	mg	0.19	0.06	0.24
Magnesium, Mg	mg	24	8	30
Phosphorus, P	mg	203	64	256
Potassium, K	mg	303	95	382
Sodium, Na	mg	106	33	134
Zinc, Zn	mg	0.77	0.24	0.97
Vitamins				
Vitamin C, total ascorbic acid	mg	1.9	0.6	2.4
Thiamin	mg	0.047	0.015	0.059
Riboflavin	mg	0.316	0.100	0.398
Niacin	mg	0.194	0.061	0.244
Vitamin B-6	mg	0.050	0.016	0.063
Folate, DFE	µg	8	3	10
Vitamin B-12	µg	0.16	0.05	0.20
Vitamin A, IU	IU	397	125	500
Lipids				
Fatty acids, total saturated	g	4.591	1.446	5.785
Fatty acids, total monounsaturated	g	2.335	0.736	2.942

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.5g	0.5 cup 126g
Fatty acids, total polyunsaturated	g	0.245	0.077	0.309
Cholesterol	mg	29	9	37