

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

Report Date: January 28, 2015 23:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.5g	0.5 cup 126g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	4.591	1.446	5.785
Fatty acids, total monounsaturated	g	2.335	0.736	2.942

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