

Basic Report 01154, Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Report Date: January 26, 2015 15:28 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.25 cup 30g	1 cup 120g
Proximates				
Water	g	3.16	0.95	3.79
Energy	kcal	362	109	434
Protein	g	36.16	10.85	43.39
Total lipid (fat)	g	0.77	0.23	0.92
Carbohydrate, by difference	g	51.98	15.59	62.38
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	51.98	15.59	62.38
Minerals				
Calcium, Ca	mg	1257	377	1508
Iron, Fe	mg	0.32	0.10	0.38
Magnesium, Mg	mg	110	33	132
Phosphorus, P	mg	968	290	1162
Potassium, K	mg	1794	538	2153
Sodium, Na	mg	535	160	642
Zinc, Zn	mg	4.08	1.22	4.90
Vitamins				
Vitamin C, total ascorbic acid	mg	6.8	2.0	8.2
Thiamin	mg	0.415	0.124	0.498
Riboflavin	mg	1.550	0.465	1.860
Niacin	mg	0.951	0.285	1.141
Vitamin B-6	mg	0.361	0.108	0.433
Folate, DFE	µg	50	15	60
Vitamin B-12	µg	4.03	1.21	4.84
Vitamin A, RAE	µg	653	196	784
Vitamin A, IU	IU	2179	654	2615
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	0.25 cup 30g	1 cup 120g
Vitamin D (D2 + D3)	µg	11.0	3.3	13.2
Vitamin D	IU	440	132	528
Vitamin K (phylloquinone)	µg	0.1	0.0	0.1
Lipids				
Fatty acids, total saturated	g	0.499	0.150	0.599
Fatty acids, total monounsaturated	g	0.200	0.060	0.240
Fatty acids, total polyunsaturated	g	0.030	0.009	0.036
Cholesterol	mg	20	6	24
Other				
Caffeine	mg	0	0	0