

Basic Report 01214, Milk, canned, evaporated, without added vitamin A and vitamin D

Report Date: January 24, 2015 22:49 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 252g	1 fl oz 31.5g	1 can (13 oz) 369g	0.5 cup 126g
Proximates						
Water	g	74.04	186.58	23.32	273.21	93.29
Energy	kcal	135	340	43	498	170
Protein	g	6.81	17.16	2.15	25.13	8.58
Total lipid (fat)	g	7.56	19.05	2.38	27.90	9.53
Carbohydrate, by difference	g	10.04	25.30	3.16	37.05	12.65
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	10.04	25.30	3.16	37.05	12.65
Minerals						
Calcium, Ca	mg	261	658	82	963	329
Iron, Fe	mg	0.19	0.48	0.06	0.70	0.24
Magnesium, Mg	mg	24	60	8	89	30
Phosphorus, P	mg	203	512	64	749	256
Potassium, K	mg	303	764	95	1118	382
Sodium, Na	mg	106	267	33	391	134
Zinc, Zn	mg	0.77	1.94	0.24	2.84	0.97
Vitamins						
Vitamin C, total ascorbic acid	mg	1.9	4.8	0.6	7.0	2.4
Thiamin	mg	0.047	0.118	0.015	0.173	0.059
Riboflavin	mg	0.316	0.796	0.100	1.166	0.398
Niacin	mg	0.194	0.489	0.061	0.716	0.244
Vitamin B-6	mg	0.050	0.126	0.016	0.184	0.063
Folate, DFE	µg	8	20	3	30	10
Vitamin B-12	µg	0.16	0.40	0.05	0.59	0.20
Vitamin A, RAE	µg	65	164	20	240	82
Vitamin A, IU	IU	239	602	75	882	301
Vitamin E (alpha-tocopherol)	mg	0.16	0.40	0.05	0.59	0.20

Nutrient	Unit	1 Value Per100 g	1 cup 252g	1 fl oz 31.5g	1 can (13 oz) 369g	0.5 cup 126g
Vitamin D (D2 + D3)	µg	0.1	0.3	0.0	0.4	0.1
Vitamin D	IU	6	15	2	22	8
Vitamin K (phylloquinone)	µg	0.6	1.5	0.2	2.2	0.8
Lipids						
Fatty acids, total saturated	g	4.591	11.569	1.446	16.941	5.785
Fatty acids, total monounsaturated	g	2.335	5.884	0.736	8.616	2.942
Fatty acids, total polyunsaturated	g	0.245	0.617	0.077	0.904	0.309
Cholesterol	mg	29	73	9	107	37
Other						
Caffeine	mg	0	0	0	0	0