

Basic Report 14043, Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added

Report Date: January 31, 2015 12:39 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	11.0 fl oz 337g
Proximates			
Water	g	86.15	290.33
Energy	kcal	45	152
Protein	g	3.86	13.01
Total lipid (fat)	g	1.49	5.02
Carbohydrate, by difference	g	4.75	16.01
Fiber, total dietary	g	0.6	2.0
Sugars, total	g	3.56	12.00
Minerals			
Calcium, Ca	mg	149	502
Iron, Fe	mg	1.34	4.52
Magnesium, Mg	mg	36	121
Phosphorus, P	mg	149	502
Potassium, K	mg	160	539
Sodium, Na	mg	71	239
Zinc, Zn	mg	1.11	3.74
Vitamins			
Vitamin C, total ascorbic acid	mg	24.9	83.9
Thiamin	mg	0.111	0.374
Riboflavin	mg	0.126	0.425
Niacin	mg	1.485	5.004
Vitamin B-6	mg	0.149	0.502
Folate, DFE	µg	50	168
Vitamin B-12	µg	0.45	1.52
Vitamin A, RAE	µg	200	674
Vitamin A, IU	IU	668	2251

Nutrient	Unit	1 Value Per100 g	11.0 fl oz 337g
Vitamin E (alpha-tocopherol)	mg	1.04	3.50
Vitamin D (D2 + D3)	µg	1.5	5.1
Vitamin D	IU	59	199
Vitamin K (phylloquinone)	µg	7.4	24.9
Lipids			
Fatty acids, total saturated	g	0.446	1.503
Fatty acids, total monounsaturated	g	0.339	1.142
Fatty acids, total polyunsaturated	g	0.628	2.116
Cholesterol	mg	3	10
Other			
Caffeine	mg	2	7