

Basic Report 01076, Milk substitutes, fluid, with lauric acid oil

Report Date: January 25, 2015 09:17 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Proximates				
Water	g	88.18	215.16	860.64
Energy	kcal	61	149	595
Protein	g	1.75	4.27	17.08
Total lipid (fat)	g	3.41	8.32	33.28
Carbohydrate, by difference	g	6.16	15.03	60.12
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	33	81	322
Iron, Fe	mg	0.39	0.95	3.81
Magnesium, Mg	mg	6	15	59
Phosphorus, P	mg	74	181	722
Potassium, K	mg	114	278	1113
Sodium, Na	mg	78	190	761
Zinc, Zn	mg	1.18	2.88	11.52
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.012	0.029	0.117
Riboflavin	mg	0.088	0.215	0.859
Niacin	mg	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	3.037	7.410	29.641

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Fatty acids, total monounsaturated	g	0.176	0.429	1.718
Fatty acids, total polyunsaturated	g	0.008	0.020	0.078
Cholesterol	mg	0	0	0