

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 01078, Milk, producer, fluid, 3.7% milkfat

Report Date: March 01, 2015 03:26 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Proximates				
Water	g	87.69	213.96	855.85
Energy	kcal	64	156	625
Protein	g	3.28	8.00	32.01
Total lipid (fat)	g	3.66	8.93	35.72
Carbohydrate, by difference	g	4.65	11.35	45.38
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	119	290	1161
Iron, Fe	mg	0.05	0.12	0.49
Magnesium, Mg	mg	13	32	127
Phosphorus, P	mg	93	227	908
Potassium, K	mg	151	368	1474
Sodium, Na	mg	49	120	478
Zinc, Zn	mg	0.38	0.93	3.71
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	3.7	14.6
Thiamin	mg	0.038	0.093	0.371
Riboflavin	mg	0.161	0.393	1.571
Niacin	mg	0.084	0.205	0.820
Vitamin B-6	mg	0.042	0.102	0.410
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.36	0.88	3.51
Vitamin A, RAE	µg	33	81	322
Vitamin A, IU	IU	138	337	1347
Lipids				
Fatty acids, total saturated	g	2.278	5.558	22.233

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Fatty acids, total monounsaturated	g	1.057	2.579	10.316
Fatty acids, total polyunsaturated	g	0.136	0.332	1.327
Cholesterol	mg	14	34	137