

Basic Report 01090, Milk, dry, whole, with added vitamin D

Report Date: January 29, 2015 15:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.25 cup 32g	1 cup 128g
Proximates				
Water	g	2.47	0.79	3.16
Energy	kcal	496	159	635
Protein	g	26.32	8.42	33.69
Total lipid (fat)	g	26.71	8.55	34.19
Carbohydrate, by difference	g	38.42	12.29	49.18
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	38.42	12.29	49.18
Minerals				
Calcium, Ca	mg	912	292	1167
Iron, Fe	mg	0.47	0.15	0.60
Magnesium, Mg	mg	85	27	109
Phosphorus, P	mg	776	248	993
Potassium, K	mg	1330	426	1702
Sodium, Na	mg	371	119	475
Zinc, Zn	mg	3.34	1.07	4.28
Vitamins				
Vitamin C, total ascorbic acid	mg	8.6	2.8	11.0
Thiamin	mg	0.283	0.091	0.362
Riboflavin	mg	1.205	0.386	1.542
Niacin	mg	0.646	0.207	0.827
Vitamin B-6	mg	0.302	0.097	0.387
Folate, DFE	µg	37	12	47
Vitamin B-12	µg	3.25	1.04	4.16
Vitamin A, RAE	µg	258	83	330
Vitamin A, IU	IU	934	299	1196
Vitamin E (alpha-tocopherol)	mg	0.58	0.19	0.74

Nutrient	Unit	1 Value Per100 g	0.25 cup 32g	1 cup 128g
Vitamin D (D2 + D3)	µg	10.5	3.4	13.4
Vitamin D	IU	420	134	538
Vitamin K (phylloquinone)	µg	2.2	0.7	2.8
Lipids				
Fatty acids, total saturated	g	16.742	5.357	21.430
Fatty acids, total monounsaturated	g	7.924	2.536	10.143
Fatty acids, total polyunsaturated	g	0.665	0.213	0.851
Cholesterol	mg	97	31	124
Other				
Caffeine	mg	0	0	0