

**Basic Report 01092, Milk, dry, nonfat, instant, with added vitamin A and vitamin D**

Report Date: January 28, 2015 13:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 68g	1 envelope (1-1/3 cup) 91g	0.333 cup (makes 1 cup reconstituted milk) 23g
<b>Proximates</b>					
Water	g	3.96	2.69	3.60	0.91
Energy	kcal	358	243	326	82
Protein	g	35.10	23.87	31.94	8.07
Total lipid (fat)	g	0.72	0.49	0.66	0.17
Carbohydrate, by difference	g	52.19	35.49	47.49	12.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	52.19	35.49	47.49	12.00
<b>Minerals</b>					
Calcium, Ca	mg	1231	837	1120	283
Iron, Fe	mg	0.31	0.21	0.28	0.07
Magnesium, Mg	mg	117	80	106	27
Phosphorus, P	mg	985	670	896	227
Potassium, K	mg	1705	1159	1552	392
Sodium, Na	mg	549	373	500	126
Zinc, Zn	mg	4.41	3.00	4.01	1.01
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	5.6	3.8	5.1	1.3
Thiamin	mg	0.413	0.281	0.376	0.095
Riboflavin	mg	1.744	1.186	1.587	0.401
Niacin	mg	0.891	0.606	0.811	0.205
Vitamin B-6	mg	0.345	0.235	0.314	0.079
Folate, DFE	µg	50	34	46	12
Vitamin B-12	µg	3.99	2.71	3.63	0.92
Vitamin A, RAE	µg	709	482	645	163
Vitamin A, IU	IU	2365	1608	2152	544
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00

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Vitamin D (D2 + D3)	µg	11.0	7.5	10.0	2.5
Vitamin D	IU	440	299	400	101
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.467	0.318	0.425	0.107
Fatty acids, total monounsaturated	g	0.187	0.127	0.170	0.043
Fatty acids, total polyunsaturated	g	0.028	0.019	0.025	0.006
Cholesterol	mg	18	12	16	4
<b>Other</b>					
Caffeine	mg	0	0	0	0