

Basic Report 01096, Milk, canned, evaporated, with added vitamin D and without added vitamin A

Report Date: March 06, 2015 04:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.5g	1 cup 252g	1 can (13 oz) 369g	0.5 cup 126g
Proximates						
Water	g	74.04	23.32	186.58	273.21	93.29
Energy	kcal	134	42	338	494	169
Protein	g	6.81	2.15	17.16	25.13	8.58
Total lipid (fat)	g	7.56	2.38	19.05	27.90	9.53
Carbohydrate, by difference	g	10.04	3.16	25.30	37.05	12.65
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	10.04	3.16	25.30	37.05	12.65
Minerals						
Calcium, Ca	mg	261	82	658	963	329
Iron, Fe	mg	0.19	0.06	0.48	0.70	0.24
Magnesium, Mg	mg	24	8	60	89	30
Phosphorus, P	mg	203	64	512	749	256
Potassium, K	mg	303	95	764	1118	382
Sodium, Na	mg	106	33	267	391	134
Zinc, Zn	mg	0.77	0.24	1.94	2.84	0.97
Vitamins						
Vitamin C, total ascorbic acid	mg	1.9	0.6	4.8	7.0	2.4
Thiamin	mg	0.047	0.015	0.118	0.173	0.059
Riboflavin	mg	0.316	0.100	0.796	1.166	0.398
Niacin	mg	0.194	0.061	0.489	0.716	0.244
Vitamin B-6	mg	0.050	0.016	0.126	0.184	0.063
Folate, DFE	µg	8	3	20	30	10
Vitamin B-12	µg	0.16	0.05	0.40	0.59	0.20
Vitamin A, RAE	µg	65	20	164	240	82
Vitamin A, IU	IU	233	73	587	860	294
Vitamin E (alpha-tocopherol)	mg	0.14	0.04	0.35	0.52	0.18

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Vitamin D (D2 + D3)	µg	2.0	0.6	5.0	7.4	2.5
Vitamin D	IU	79	25	199	292	100
Vitamin K (phylloquinone)	µg	0.5	0.2	1.3	1.8	0.6
Lipids						
Fatty acids, total saturated	g	4.591	1.446	11.569	16.941	5.785
Fatty acids, total monounsaturated	g	2.335	0.736	5.884	8.616	2.942
Fatty acids, total polyunsaturated	g	0.245	0.077	0.617	0.904	0.309
Cholesterol	mg	29	9	73	107	37
Other						
Caffeine	mg	0	0	0	0	0