

Basic Report 01108, Milk, indian buffalo, fluid

Report Date: January 29, 2015 21:37 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Proximates				
Water	g	83.39	203.47	813.89
Energy	kcal	97	237	947
Protein	g	3.75	9.15	36.60
Total lipid (fat)	g	6.89	16.81	67.25
Carbohydrate, by difference	g	5.18	12.64	50.56
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	169	412	1649
Iron, Fe	mg	0.12	0.29	1.17
Magnesium, Mg	mg	31	76	303
Phosphorus, P	mg	117	285	1142
Potassium, K	mg	178	434	1737
Sodium, Na	mg	52	127	508
Zinc, Zn	mg	0.22	0.54	2.15
Vitamins				
Vitamin C, total ascorbic acid	mg	2.3	5.6	22.4
Thiamin	mg	0.052	0.127	0.508
Riboflavin	mg	0.135	0.329	1.318
Niacin	mg	0.091	0.222	0.888
Vitamin B-6	mg	0.023	0.056	0.224
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.36	0.88	3.51
Vitamin A, RAE	µg	53	129	517
Vitamin A, IU	IU	178	434	1737
Lipids				
Fatty acids, total saturated	g	4.597	11.217	44.867

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Fatty acids, total monounsaturated	g	1.787	4.360	17.441
Fatty acids, total polyunsaturated	g	0.146	0.356	1.425
Cholesterol	mg	19	46	185