

Basic Report 01109, Milk, sheep, fluid

Report Date: January 24, 2015 22:49 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Proximates				
Water	g	80.70	197.72	790.86
Energy	kcal	108	265	1058
Protein	g	5.98	14.65	58.60
Total lipid (fat)	g	7.00	17.15	68.60
Carbohydrate, by difference	g	5.36	13.13	52.53
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	193	473	1891
Iron, Fe	mg	0.10	0.24	0.98
Magnesium, Mg	mg	18	44	176
Phosphorus, P	mg	158	387	1548
Potassium, K	mg	137	336	1343
Sodium, Na	mg	44	108	431
Zinc, Zn	mg	0.54	1.32	5.29
Vitamins				
Vitamin C, total ascorbic acid	mg	4.2	10.3	41.2
Thiamin	mg	0.065	0.159	0.637
Riboflavin	mg	0.355	0.870	3.479
Niacin	mg	0.417	1.022	4.087
Vitamin B-6	mg	0.060	0.147	0.588
Folate, DFE	µg	7	17	69
Vitamin B-12	µg	0.71	1.74	6.96
Vitamin A, RAE	µg	44	108	431
Vitamin A, IU	IU	147	360	1441
Lipids				
Fatty acids, total saturated	g	4.603	11.277	45.109

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Fatty acids, total monounsaturated	g	1.724	4.224	16.895
Fatty acids, total polyunsaturated	g	0.308	0.755	3.018
Cholesterol	mg	27	66	265