

Basic Report 01175, Milk, fluid, 1% fat, without added vitamin A and vitamin D

Report Date: July 19, 2019 16:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Proximates				
Water	g	89.92	219.40	877.62
Energy	kcal	42	102	410
Protein	g	3.37	8.22	32.89
Total lipid (fat)	g	0.97	2.37	9.47
Carbohydrate, by difference	g	4.99	12.18	48.70
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.20	12.69	50.75
Minerals				
Calcium, Ca	mg	125	305	1220
Iron, Fe	mg	0.03	0.07	0.29
Magnesium, Mg	mg	11	27	107
Phosphorus, P	mg	95	232	927
Potassium, K	mg	150	366	1464
Sodium, Na	mg	44	107	429
Zinc, Zn	mg	0.42	1.02	4.10
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.049	0.195
Riboflavin	mg	0.185	0.451	1.806
Niacin	mg	0.093	0.227	0.908
Vitamin B-6	mg	0.037	0.090	0.361
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.47	1.15	4.59
Vitamin A, RAE	µg	14	34	137
Vitamin A, IU	IU	47	115	459
Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.10

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	1	2	10
Vitamin K (phylloquinone)	µg	0.1	0.2	1.0
Lipids				
Fatty acids, total saturated	g	0.633	1.545	6.178
Fatty acids, total monounsaturated	g	0.277	0.676	2.704
Fatty acids, total polyunsaturated	g	0.035	0.085	0.342
Cholesterol	mg	5	12	49
Amino Acids				
Other				
Caffeine	mg	0	0	0