

Basic Report 01111, Milk shakes, thick vanilla

Report Date: August 20, 2017 07:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 28.4g	1 container (11 oz) 313g
Proximates				
Water	g	74.45	21.14	233.03
Energy	kcal	112	32	351
Protein	g	3.86	1.10	12.08
Total lipid (fat)	g	3.03	0.86	9.48
Carbohydrate, by difference	g	17.75	5.04	55.56
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	17.75	5.04	55.56
Minerals				
Calcium, Ca	mg	146	41	457
Iron, Fe	mg	0.10	0.03	0.31
Magnesium, Mg	mg	12	3	38
Phosphorus, P	mg	115	33	360
Potassium, K	mg	183	52	573
Sodium, Na	mg	95	27	297
Zinc, Zn	mg	0.39	0.11	1.22
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.094
Riboflavin	mg	0.195	0.055	0.610
Niacin	mg	0.146	0.041	0.457
Vitamin B-6	mg	0.042	0.012	0.131
Folate, DFE	µg	7	2	22
Vitamin B-12	µg	0.52	0.15	1.63
Vitamin A, RAE	µg	25	7	78
Vitamin A, IU	IU	91	26	285
Vitamin E (alpha-tocopherol)	mg	0.05	0.01	0.16

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Vitamin D (D2 + D3)	µg	1.2	0.3	3.8
Vitamin D	IU	48	14	150
Vitamin K (phylloquinone)	µg	0.2	0.1	0.6
Lipids				
Fatty acids, total saturated	g	1.886	0.536	5.903
Fatty acids, total monounsaturated	g	0.875	0.248	2.739
Fatty acids, total polyunsaturated	g	0.113	0.032	0.354
Cholesterol	mg	12	3	38
Amino Acids				
Other				
Caffeine	mg	0	0	0