

## Basic Report 01111, Milk shakes, thick vanilla

Report Date: February 21, 2018 19:57 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 fl oz<br>28.4g | 1 container (11 oz)<br>313g |
|--------------------------------|------|------------------------|------------------|-----------------------------|
| <b>Proximates</b>              |      |                        |                  |                             |
| 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                       |
| <b>Minerals</b>                |      |                        |                  |                             |
| 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                        |
| <b>Vitamins</b>                |      |                        |                  |                             |
| 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                                 |
| <b>Lipids</b>                      |             |                                 |                          |                                     |
| 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                                  |
| <b>Amino Acids</b>                 |             |                                 |                          |                                     |
| <b>Other</b>                       |             |                                 |                          |                                     |
| Caffeine                           | mg          | 0                               | 0                        | 0                                   |