

## Basic Report 01111, Milk shakes, thick vanilla

Report Date: December 12, 2017 22:27 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 28.4g	1 container (11 oz) 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