

## Basic Report 01113, Whey, acid, dried

Report Date: February 19, 2018 14:58 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 57g	1 tbsp 2.9g
<b>Proximates</b>				
Water	g	3.51	2.00	0.10
Energy	kcal	339	193	10
Protein	g	11.73	6.69	0.34
Total lipid (fat)	g	0.54	0.31	0.02
Carbohydrate, by difference	g	73.45	41.87	2.13
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	73.45	41.87	2.13
<b>Minerals</b>				
Calcium, Ca	mg	2054	1171	60
Iron, Fe	mg	1.24	0.71	0.04
Magnesium, Mg	mg	199	113	6
Phosphorus, P	mg	1349	769	39
Potassium, K	mg	2289	1305	66
Sodium, Na	mg	968	552	28
Zinc, Zn	mg	6.31	3.60	0.18
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.9	0.5	0.0
Thiamin	mg	0.622	0.355	0.018
Riboflavin	mg	2.060	1.174	0.060
Niacin	mg	1.160	0.661	0.034
Vitamin B-6	mg	0.620	0.353	0.018
Folate, DFE	µg	33	19	1
Vitamin B-12	µg	2.50	1.43	0.07
Vitamin A, RAE	µg	17	10	0
Vitamin A, IU	IU	59	34	2
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.342	0.195	0.010
Fatty acids, total monounsaturated	g	0.149	0.085	0.004
Fatty acids, total polyunsaturated	g	0.021	0.012	0.001
Cholesterol	mg	3	2	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0