

Basic Report 01114, Whey, sweet, fluid

Report Date: August 20, 2017 07:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Proximates				
Water	g	93.12	229.08	916.30
Energy	kcal	27	66	266
Protein	g	0.85	2.09	8.36
Total lipid (fat)	g	0.36	0.89	3.54
Carbohydrate, by difference	g	5.14	12.64	50.58
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.14	12.64	50.58
Minerals				
Calcium, Ca	mg	47	116	462
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	8	20	79
Phosphorus, P	mg	46	113	453
Potassium, K	mg	161	396	1584
Sodium, Na	mg	54	133	531
Zinc, Zn	mg	0.13	0.32	1.28
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.2	1.0
Thiamin	mg	0.036	0.089	0.354
Riboflavin	mg	0.158	0.389	1.555
Niacin	mg	0.074	0.182	0.728
Vitamin B-6	mg	0.031	0.076	0.305
Folate, DFE	µg	1	2	10
Vitamin B-12	µg	0.28	0.69	2.76
Vitamin A, RAE	µg	3	7	30
Vitamin A, IU	IU	12	30	118
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.230	0.566	2.263
Fatty acids, total monounsaturated	g	0.100	0.246	0.984
Fatty acids, total polyunsaturated	g	0.011	0.027	0.108
Cholesterol	mg	2	5	20
Amino Acids				
Other				
Caffeine	mg	0	0	0