

Basic Report 01115, Whey, sweet, dried

Report Date: February 21, 2018 21:48 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 145g	1 tbsp 7.5g
Proximates				
Water	g	3.19	4.63	0.24
Energy	kcal	353	512	26
Protein	g	12.93	18.75	0.97
Total lipid (fat)	g	1.07	1.55	0.08
Carbohydrate, by difference	g	74.46	107.97	5.58
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	74.46	107.97	5.58
Minerals				
Calcium, Ca	mg	796	1154	60
Iron, Fe	mg	0.88	1.28	0.07
Magnesium, Mg	mg	176	255	13
Phosphorus, P	mg	932	1351	70
Potassium, K	mg	2080	3016	156
Sodium, Na	mg	1079	1565	81
Zinc, Zn	mg	1.97	2.86	0.15
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	2.2	0.1
Thiamin	mg	0.519	0.753	0.039
Riboflavin	mg	2.208	3.202	0.166
Niacin	mg	1.258	1.824	0.094
Vitamin B-6	mg	0.584	0.847	0.044
Folate, DFE	µg	12	17	1
Vitamin B-12	µg	2.37	3.44	0.18
Vitamin A, RAE	µg	8	12	1
Vitamin A, IU	IU	30	44	2
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	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	0.1	0.1	0.0
Lipids				
Fatty acids, total saturated	g	0.684	0.992	0.051
Fatty acids, total monounsaturated	g	0.297	0.431	0.022
Fatty acids, total polyunsaturated	g	0.034	0.049	0.003
Cholesterol	mg	6	9	0
Amino Acids				
Other				
Caffeine	mg	0	0	0