

**Basic Report 01152, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A**
**Report Date: November 21, 2017 07:07 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>	<b>1 quart 980g</b>
<b>Proximates</b>				
Water	g	87.71	214.89	859.56
Energy	kcal	56	137	549
Protein	g	3.95	9.68	38.71
Total lipid (fat)	g	1.98	4.85	19.40
Carbohydrate, by difference	g	5.49	13.45	53.80
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	143	350	1401
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	15	37	147
Phosphorus, P	mg	112	274	1098
Potassium, K	mg	182	446	1784
Sodium, Na	mg	59	145	578
Zinc, Zn	mg	0.41	1.00	4.02
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.1	2.7	10.8
Thiamin	mg	0.045	0.110	0.441
Riboflavin	mg	0.194	0.475	1.901
Niacin	mg	0.101	0.247	0.990
Vitamin B-6	mg	0.046	0.113	0.451
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.39	0.96	3.82
Vitamin A, RAE	µg	17	42	167
Vitamin A, IU	IU	75	184	735
<b>Lipids</b>				
Fatty acids, total saturated	g	1.232	3.018	12.074

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Fatty acids, total monounsaturated	g	0.065	0.159	0.637
Fatty acids, total polyunsaturated	g	0.009	0.022	0.088
Cholesterol	mg	8	20	78
<b>Amino Acids</b>				
<b>Other</b>				