

Basic Report 01152, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Report Date: July 17, 2019 23:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
Fatty acids, total saturated	g	1.232	3.018	12.074

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
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

Amino Acids

Other