

## Basic Report 01154, Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Report Date: February 23, 2018 01:22 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 30g	1 cup 120g
<b>Proximates</b>				
Water	g	3.16	0.95	3.79
Energy	kcal	362	109	434
Protein	g	36.16	10.85	43.39
Total lipid (fat)	g	0.77	0.23	0.92
Carbohydrate, by difference	g	51.98	15.59	62.38
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	51.98	15.59	62.38
<b>Minerals</b>				
Calcium, Ca	mg	1257	377	1508
Iron, Fe	mg	0.32	0.10	0.38
Magnesium, Mg	mg	110	33	132
Phosphorus, P	mg	968	290	1162
Potassium, K	mg	1794	538	2153
Sodium, Na	mg	535	160	642
Zinc, Zn	mg	4.08	1.22	4.90
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	6.8	2.0	8.2
Thiamin	mg	0.415	0.124	0.498
Riboflavin	mg	1.550	0.465	1.860
Niacin	mg	0.951	0.285	1.141
Vitamin B-6	mg	0.361	0.108	0.433
Folate, DFE	µg	50	15	60
Vitamin B-12	µg	4.03	1.21	4.84
Vitamin A, RAE	µg	653	196	784
Vitamin A, IU	IU	2179	654	2615
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>0.25 cup 30g</b>	<b>1 cup 120g</b>
Vitamin D (D2 + D3)	µg	11.0	3.3	13.2
Vitamin D	IU	440	132	528
Vitamin K (phylloquinone)	µg	0.1	0.0	0.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.499	0.150	0.599
Fatty acids, total monounsaturated	g	0.200	0.060	0.240
Fatty acids, total polyunsaturated	g	0.030	0.009	0.036
Cholesterol	mg	20	6	24
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0