

**Basic Report 01155, Milk, dry, nonfat, instant, without added vitamin A and vitamin D**

Report Date: September 20, 2017 12:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 68g	1 envelope (1-1/3 cup) 91g
<b>Proximates</b>				
Water	g	3.96	2.69	3.60
Energy	kcal	358	243	326
Protein	g	35.10	23.87	31.94
Total lipid (fat)	g	0.72	0.49	0.66
Carbohydrate, by difference	g	52.19	35.49	47.49
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	52.19	35.49	47.49
<b>Minerals</b>				
Calcium, Ca	mg	1231	837	1120
Iron, Fe	mg	0.31	0.21	0.28
Magnesium, Mg	mg	117	80	106
Phosphorus, P	mg	985	670	896
Potassium, K	mg	1705	1159	1552
Sodium, Na	mg	549	373	500
Zinc, Zn	mg	4.41	3.00	4.01
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	5.6	3.8	5.1
Thiamin	mg	0.413	0.281	0.376
Riboflavin	mg	1.744	1.186	1.587
Niacin	mg	0.891	0.606	0.811
Vitamin B-6	mg	0.345	0.235	0.314
Folate, DFE	µg	50	34	46
Vitamin B-12	µg	3.99	2.71	3.63
Vitamin A, RAE	µg	4	3	4
Vitamin A, IU	IU	15	10	14
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01

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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	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.470	0.320	0.428
Fatty acids, total monounsaturated	g	0.190	0.129	0.173
Fatty acids, total polyunsaturated	g	0.030	0.020	0.027
Cholesterol	mg	18	12	16
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0