

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

Report Date: May 28, 2017 20:04 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0