

Basic Report 01202, Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Report Date: August 19, 2017 11:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Proximates					
Water	g	82.17	205.43	25.64	821.70
Energy	kcal	78	195	24	780
Protein	g	2.99	7.47	0.93	29.90
Total lipid (fat)	g	1.90	4.75	0.59	19.00
Carbohydrate, by difference	g	12.13	30.32	3.78	121.30
Fiber, total dietary	g	0.7	1.8	0.2	7.0
Sugars, total	g	9.55	23.88	2.98	95.50
Minerals					
Calcium, Ca	mg	194	485	61	1940
Iron, Fe	mg	0.24	0.60	0.07	2.40
Magnesium, Mg	mg	14	35	4	140
Phosphorus, P	mg	76	190	24	760
Potassium, K	mg	123	308	38	1230
Sodium, Na	mg	66	165	21	660
Zinc, Zn	mg	0.39	0.97	0.12	3.90
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.045	0.113	0.014	0.450
Riboflavin	mg	0.565	1.413	0.176	5.650
Niacin	mg	0.164	0.410	0.051	1.640
Vitamin B-6	mg	0.024	0.060	0.007	0.240
Folate, DFE	µg	2	5	1	20
Vitamin B-12	µg	0.33	0.82	0.10	3.30
Vitamin A, RAE	µg	64	160	20	640
Vitamin A, IU	IU	227	568	71	2270
Vitamin E (alpha-tocopherol)	mg	0.04	0.10	0.01	0.40

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Vitamin K (phylloquinone)	µg	0.2	0.5	0.1	2.0
Lipids					
Fatty acids, total saturated	g	1.177	2.942	0.367	11.770
Fatty acids, total monounsaturated	g	0.455	1.137	0.142	4.550
Fatty acids, total polyunsaturated	g	0.089	0.223	0.028	0.890
Cholesterol	mg	8	20	2	80
Amino Acids					
Other					
Caffeine	mg	1	2	0	10