

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

Report Date: June 29, 2017 03:18 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	1	2	0	10