

Basic Report 01230, Milk, buttermilk, fluid, whole

Report Date: November 23, 2017 20:43 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
Proximates			
Water	g	87.91	215.38
Energy	kcal	62	152
Protein	g	3.21	7.86
Total lipid (fat)	g	3.31	8.11
Carbohydrate, by difference	g	4.88	11.96
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	4.88	11.96
Minerals			
Calcium, Ca	mg	115	282
Iron, Fe	mg	0.03	0.07
Magnesium, Mg	mg	10	24
Phosphorus, P	mg	85	208
Potassium, K	mg	135	331
Sodium, Na	mg	105	257
Zinc, Zn	mg	0.38	0.93
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.047	0.115
Riboflavin	mg	0.172	0.421
Niacin	mg	0.090	0.221
Vitamin B-6	mg	0.036	0.088
Folate, DFE	µg	5	12
Vitamin B-12	µg	0.46	1.13
Vitamin A, RAE	µg	47	115
Vitamin A, IU	IU	165	404
Vitamin E (alpha-tocopherol)	mg	0.07	0.17

Nutrient	Unit	1 Value Per100 g	1 cup 245g
Vitamin D (D2 + D3)	µg	1.3	3.2
Vitamin D	IU	52	127
Vitamin K (phylloquinone)	µg	0.3	0.7
Lipids			
Fatty acids, total saturated	g	1.899	4.653
Fatty acids, total monounsaturated	g	0.827	2.026
Fatty acids, total polyunsaturated	g	0.198	0.485
Cholesterol	mg	11	27
Amino Acids			
Other			
Caffeine	mg	0	0