

Basic Report 01092, Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Report Date: June 19, 2019 03:31 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 | 0.33 cup (makes 1 cup reconstituted milk) 23g |
|--------------------------------|------|------------------------|--------------|-------------------------------|---|
| Proximates | | | | | |
| Water | g | 3.96 | 2.69 | 3.60 | 0.91 |
| Energy | kcal | 358 | 243 | 326 | 82 |
| Protein | g | 35.10 | 23.87 | 31.94 | 8.07 |
| Total lipid (fat) | g | 0.72 | 0.49 | 0.66 | 0.17 |
| Carbohydrate, by difference | g | 52.19 | 35.49 | 47.49 | 12.00 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 52.19 | 35.49 | 47.49 | 12.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 1231 | 837 | 1120 | 283 |
| Iron, Fe | mg | 0.31 | 0.21 | 0.28 | 0.07 |
| Magnesium, Mg | mg | 117 | 80 | 106 | 27 |
| Phosphorus, P | mg | 985 | 670 | 896 | 227 |
| Potassium, K | mg | 1705 | 1159 | 1552 | 392 |
| Sodium, Na | mg | 549 | 373 | 500 | 126 |
| Zinc, Zn | mg | 4.41 | 3.00 | 4.01 | 1.01 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.6 | 3.8 | 5.1 | 1.3 |
| Thiamin | mg | 0.413 | 0.281 | 0.376 | 0.095 |
| Riboflavin | mg | 1.744 | 1.186 | 1.587 | 0.401 |
| Niacin | mg | 0.891 | 0.606 | 0.811 | 0.205 |
| Vitamin B-6 | mg | 0.345 | 0.235 | 0.314 | 0.079 |
| Folate, DFE | µg | 50 | 34 | 46 | 12 |
| Vitamin B-12 | µg | 3.99 | 2.71 | 3.63 | 0.92 |
| Vitamin A, RAE | µg | 709 | 482 | 645 | 163 |
| Vitamin A, IU | IU | 2365 | 1608 | 2152 | 544 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | 0.01 | 0.01 | 0.00 |

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|------------------------------------|-------------|---------------------------------|----------------------|---------------------------------------|--|
| Vitamin D (D2 + D3) | µg | 11.0 | 7.5 | 10.0 | 2.5 |
| Vitamin D | IU | 440 | 299 | 400 | 101 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 | 0.0 | 0.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.467 | 0.318 | 0.425 | 0.107 |
| Fatty acids, total monounsaturated | g | 0.187 | 0.127 | 0.170 | 0.043 |
| Fatty acids, total polyunsaturated | g | 0.028 | 0.019 | 0.025 | 0.006 |
| Cholesterol | mg | 18 | 12 | 16 | 4 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |