

Basic Report 01102, Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D
Report Date: June 18, 2019 07:00 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	82.30	205.75	25.68	823.00
Energy	kcal	83	208	26	830
Protein	g	3.17	7.92	0.99	31.70
Total lipid (fat)	g	3.39	8.47	1.06	33.90
Carbohydrate, by difference	g	10.34	25.85	3.23	103.40
Fiber, total dietary	g	0.8	2.0	0.2	8.0
Sugars, total	g	9.54	23.85	2.98	95.40
Minerals					
Calcium, Ca	mg	112	280	35	1120
Iron, Fe	mg	0.24	0.60	0.07	2.40
Magnesium, Mg	mg	13	32	4	130
Phosphorus, P	mg	101	252	32	1010
Potassium, K	mg	167	418	52	1670
Sodium, Na	mg	60	150	19	600
Zinc, Zn	mg	0.41	1.02	0.13	4.10
Vitamins					
Vitamin C, total ascorbic acid	mg	0.9	2.2	0.3	9.0
Thiamin	mg	0.037	0.092	0.012	0.370
Riboflavin	mg	0.162	0.405	0.051	1.620
Niacin	mg	0.125	0.312	0.039	1.250
Vitamin B-6	mg	0.040	0.100	0.012	0.400
Folate, DFE	µg	5	12	2	50
Vitamin B-12	µg	0.33	0.82	0.10	3.30
Vitamin A, RAE	µg	27	68	8	270
Vitamin A, IU	IU	98	245	31	980
Vitamin E (alpha-tocopherol)	mg	0.07	0.17	0.02	0.70

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Vitamin D (D2 + D3)	µg	1.3	3.2	0.4	13.0
Vitamin D	IU	51	128	16	510
Vitamin K (phylloquinone)	µg	0.3	0.8	0.1	3.0
Lipids					
Fatty acids, total saturated	g	2.104	5.260	0.656	21.040
Fatty acids, total monounsaturated	g	0.990	2.475	0.309	9.900
Fatty acids, total polyunsaturated	g	0.124	0.310	0.039	1.240
Cholesterol	mg	12	30	4	120
Amino Acids					
Other					
Caffeine	mg	1	2	0	10