

Full Report (All Nutrients) 01103, Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Report Date: July 20, 2019 22:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Proximates							
Water 1	g	82.17	2	--	205.43	25.64	821.70
Energy	kcal	76	--	--	190	24	760
Energy	kJ	320	--	--	800	100	3200
Protein 1	g	2.99	2	--	7.47	0.93	29.90
Total lipid (fat) 1	g	1.90	2	--	4.75	0.59	19.00
Ash 1	g	0.81	2	--	2.02	0.25	8.10
Carbohydrate, by difference	g	12.13	--	--	30.32	3.78	121.30
Fiber, total dietary 1	g	0.7	1	--	1.8	0.2	7.0
Sugars, total	g	9.55	--	--	23.88	2.98	95.50
Sucrose 1	g	4.79	2	--	11.97	1.49	47.90
Glucose (dextrose) 1	g	0.53	2	--	1.32	0.17	5.30
Fructose 1	g	0.41	2	--	1.02	0.13	4.10
Lactose 1	g	3.83	2	--	9.57	1.19	38.30
Maltose 1	g	0.00	2	--	0.00	0.00	0.00
Starch 1	g	1.60	1	--	4.00	0.50	16.00
Minerals							
Calcium, Ca 1	mg	109	1	--	272	34	1090
Iron, Fe	mg	0.24	--	--	0.60	0.07	2.40
Magnesium, Mg 1	mg	14	2	--	35	4	140
Phosphorus, P	mg	102	--	--	255	32	1020
Potassium, K	mg	169	--	--	422	53	1690
Sodium, Na 1	mg	66	2	--	165	21	660

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Zinc, Zn 1	mg	0.39	2	--	0.97	0.12	3.90
Copper, Cu 1	mg	0.075	2	--	0.188	0.023	0.750
Manganese, Mn 1	mg	0.062	2	--	0.155	0.019	0.620
Selenium, Se 1	µg	3.4	2	--	8.5	1.1	34.0
Fluoride, F 2 3	µg	5.2	11	0.700	13.0	1.6	52.0
Vitamins							
Vitamin C, total ascorbic acid 1	mg	0.0	2	--	0.0	0.0	0.0
Thiamin 1	mg	0.045	2	--	0.113	0.014	0.450
Riboflavin	mg	0.183	--	--	0.458	0.057	1.830
Niacin 1	mg	0.164	2	--	0.410	0.051	1.640
Pantothenic acid 1	mg	0.539	2	--	1.347	0.168	5.390
Vitamin B-6 1	mg	0.024	2	--	0.060	0.007	0.240
Folate, total 1	µg	2	2	--	5	1	20
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	2	--	5	1	20
Folate, DFE	µg	2	--	--	5	1	20
Choline, total 1	mg	17.1	--	--	42.8	5.3	171.0
Betaine 1	mg	0.7	1	--	1.8	0.2	7.0
Vitamin B-12 1	µg	0.33	2	--	0.82	0.10	3.30
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	64	--	--	160	20	640
Retinol 1	µg	63	1	--	158	20	630
Carotene, beta 1	µg	11	2	--	28	3	110
Carotene, alpha 1	µg	0	2	--	0	0	0
Cryptoxanthin, beta 1	µg	0	2	--	0	0	0
Vitamin A, IU	IU	227	--	--	568	71	2270
Lycopene 1	µg	0	2	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.04	2	--	0.10	0.01	0.40
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.02	2	--	0.05	0.01	0.20

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
		Value Per100 g	Data points	Std. Error			
Tocopherol, delta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, alpha 1	mg	0.03	2	--	0.07	0.01	0.30
Tocotrienol, beta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, delta 1	mg	0.00	2	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	3.0	0.4	12.0
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	3.0	0.4	12.0
Vitamin D	IU	49	--	--	122	15	490
Vitamin K (phylloquinone) 1	µg	0.2	2	--	0.5	0.1	2.0
Lipids							
Fatty acids, total saturated	g	1.177	--	--	2.942	0.367	11.770
4:0	g	0.056	--	--	0.140	0.017	0.560
6:0	g	0.033	--	--	0.083	0.010	0.330
8:0 1	g	0.020	2	--	0.050	0.006	0.200
10:0 1	g	0.045	2	--	0.113	0.014	0.450
12:0 1	g	0.045	2	--	0.113	0.014	0.450
14:0 1	g	0.170	2	--	0.425	0.053	1.700
15:0 1	g	0.015	2	--	0.037	0.005	0.150
16:0 1	g	0.515	2	--	1.288	0.161	5.150
17:0 1	g	0.009	2	--	0.022	0.003	0.090
18:0 1	g	0.270	2	--	0.675	0.084	2.700
20:0 1	g	0.000	2	--	0.000	0.000	0.000
22:0 1	g	0.000	2	--	0.000	0.000	0.000
24:0 1	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.455	--	--	1.137	0.142	4.550
14:1 1	g	0.005	2	--	0.013	0.002	0.050
15:1 1	g	0.000	2	--	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.020	2	--	0.050	0.006	0.200
17:1 1	g	0.000	2	--	0.000	0.000	0.000
18:1 undifferentiated 1	g	0.430	2	--	1.075	0.134	4.300
20:1 1	g	0.000	2	--	0.000	0.000	0.000
22:1 undifferentiated 1	g	0.000	2	--	0.000	0.000	0.000

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
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Fatty acids, total polyunsaturated	g	0.089	--	--	0.223	0.028	0.890
18:2 undifferentiated 1	g	0.080	2	--	0.200	0.025	0.800
18:3 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) 1	g	0.000	2	--	0.000	0.000	0.000
18:4 1	g	0.009	2	--	0.022	0.003	0.090
20:2 n-6 c,c 1	g	0.000	2	--	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	2	--	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	2	--	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	2	--	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	2	--	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	2	--	0.000	0.000	0.000
Cholesterol 1	mg	8	2	--	20	2	80
Stigmasterol 1	mg	0	2	--	0	0	0
Campesterol 1	mg	0	2	--	0	0	0
Beta-sitosterol 1	mg	0	2	--	0	0	0
Amino Acids							
Tryptophan 4 5 6 7	g	0.038	--	--	0.095	0.012	0.380
Threonine 4 5 6 7	g	0.128	--	--	0.320	0.040	1.280
Isoleucine 4 5 6 7	g	0.155	--	--	0.388	0.048	1.550
Leucine 4 5 6 7	g	0.283	--	--	0.708	0.088	2.830
Lysine 4 5 6 7	g	0.250	--	--	0.625	0.078	2.500
Methionine 4 5 6 7	g	0.078	--	--	0.195	0.024	0.780
Cystine 4 5 6 7	g	0.018	--	--	0.045	0.006	0.180
Phenylalanine 4 5 6 7	g	0.155	--	--	0.388	0.048	1.550
Tyrosine 4 5 6 7	g	0.151	--	--	0.378	0.047	1.510
Valine 4 5 6 7	g	0.196	--	--	0.490	0.061	1.960
Arginine 4 5 6 7	g	0.085	--	--	0.212	0.027	0.850
Histidine 4 5 6 7	g	0.090	--	--	0.225	0.028	0.900
Alanine 4 5 6 7	g	0.101	--	--	0.253	0.032	1.010
Aspartic acid 4 5 6 7	g	0.256	--	--	0.640	0.080	2.560
Glutamic acid 4 5 6 7	g	0.673	--	--	1.683	0.210	6.730
Glycine 4 5 6 7	g	0.059	--	--	0.147	0.018	0.590

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Proline 4 5 6 7	g	0.295	--	--	0.738	0.092	2.950
Serine 4 5 6 7	g	0.180	--	--	0.450	0.056	1.800
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine 1	mg	1	1	--	2	0	10
Theobromine 1	mg	22	1	--	55	7	220
Flavonoids							
Flavan-3-ols							
(-)-Epigallocatechin 8	mg	0.0	2	--	0.0	0.0	0.0
(-)-Epicatechin 8	mg	0.3	2	--	0.7	0.1	2.6
(-)-Epicatechin 3-gallate 8	mg	0.0	2	--	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 8	mg	0.0	2	--	0.0	0.0	0.0
(+)-Gallocatechin 8	mg	0.0	2	--	0.0	0.0	0.0
Flavones							
Apigenin 9	mg	0.0	1	--	0.0	0.0	0.0
Luteolin 9	mg	0.0	1	--	0.0	0.0	0.0
Flavonols							
Kaempferol 9	mg	0.0	1	--	0.0	0.0	0.0
Myricetin 9	mg	0.1	1	--	0.1	0.0	0.5
Quercetin 9	mg	0.1	1	--	0.3	0.0	1.2

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6I, 2002 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

³A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁷Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁸Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 2. Tea, wine, fruit juices, and chocolate milk., 2000 J. Agric. Food Chem. 48 pp.1752-1757

⁹Hertog, M. G. L., Hollman, P. C. H., and van de Putte, B. Content of potentially anticarcinogenic flavonoids of tea infusions, wines, and fruit juices., 1993 J. Agric. Food Chem. 41 pp.1242-1246