

Basic Report 01211, Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Report Date: September 22, 2019 04:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 tbsp 15g	1 fl oz 30.5g	1 quart 976g
Proximates						
Water	g	88.13	215.04	13.22	26.88	860.15
Energy	kcal	61	149	9	19	595
Protein	g	3.15	7.69	0.47	0.96	30.74
Total lipid (fat)	g	3.27	7.98	0.49	1.00	31.92
Carbohydrate, by difference	g	4.78	11.66	0.72	1.46	46.65
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.05	12.32	0.76	1.54	49.29
Minerals						
Calcium, Ca	mg	113	276	17	34	1103
Iron, Fe	mg	0.03	0.07	0.00	0.01	0.29
Magnesium, Mg	mg	10	24	2	3	98
Phosphorus, P	mg	84	205	13	26	820
Potassium, K	mg	132	322	20	40	1288
Sodium, Na	mg	43	105	6	13	420
Zinc, Zn	mg	0.37	0.90	0.06	0.11	3.61
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.046	0.112	0.007	0.014	0.449
Riboflavin	mg	0.169	0.412	0.025	0.052	1.649
Niacin	mg	0.089	0.217	0.013	0.027	0.869
Vitamin B-6	mg	0.036	0.088	0.005	0.011	0.351
Folate, DFE	µg	5	12	1	2	49
Vitamin B-12	µg	0.45	1.10	0.07	0.14	4.39
Vitamin A, RAE	µg	46	112	7	14	449
Vitamin A, IU	IU	162	395	24	49	1581
Vitamin E (alpha-tocopherol)	mg	0.07	0.17	0.01	0.02	0.68

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 tbsp 15g	1 fl oz 30.5g	1 quart 976g
Vitamin D (D2 + D3)	µg	0.1	0.2	0.0	0.0	1.0
Vitamin D	IU	2	5	0	1	20
Vitamin K (phylloquinone)	µg	0.3	0.7	0.0	0.1	2.9
Lipids						
Fatty acids, total saturated	g	1.865	4.551	0.280	0.569	18.202
Fatty acids, total monounsaturated	g	0.812	1.981	0.122	0.248	7.925
Fatty acids, total polyunsaturated	g	0.195	0.476	0.029	0.059	1.903
Cholesterol	mg	10	24	2	3	98
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0