

## Basic Report 01076, Milk substitutes, fluid, with lauric acid oil

Report Date: February 22, 2018 02:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
<b>Proximates</b>				
Water	g	88.18	215.16	860.64
Energy	kcal	61	149	595
Protein	g	1.75	4.27	17.08
Total lipid (fat)	g	3.41	8.32	33.28
Carbohydrate, by difference	g	6.16	15.03	60.12
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	33	81	322
Iron, Fe	mg	0.39	0.95	3.81
Magnesium, Mg	mg	6	15	59
Phosphorus, P	mg	74	181	722
Potassium, K	mg	114	278	1113
Sodium, Na	mg	78	190	761
Zinc, Zn	mg	1.18	2.88	11.52
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.012	0.029	0.117
Riboflavin	mg	0.088	0.215	0.859
Niacin	mg	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	3.037	7.410	29.641

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 244g</b>	<b>1 quart 976g</b>
Fatty acids, total monounsaturated	g	0.176	0.429	1.718
Fatty acids, total polyunsaturated	g	0.008	0.020	0.078
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				