

Basic Report 01077, Milk, whole, 3.25% milkfat, with added vitamin D
Report Date: September 19, 2019 15:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 tbsp 15g	1 quart 976g
Proximates						
Water	g	88.13	215.04	26.88	13.22	860.15
Energy	kcal	61	149	19	9	595
Protein	g	3.15	7.69	0.96	0.47	30.74
Total lipid (fat)	g	3.25	7.93	0.99	0.49	31.72
Carbohydrate, by difference	g	4.80	11.71	1.46	0.72	46.85
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.05	12.32	1.54	0.76	49.29
Minerals						
Calcium, Ca	mg	113	276	34	17	1103
Iron, Fe	mg	0.03	0.07	0.01	0.00	0.29
Magnesium, Mg	mg	10	24	3	2	98
Phosphorus, P	mg	84	205	26	13	820
Potassium, K	mg	132	322	40	20	1288
Sodium, Na	mg	43	105	13	6	420
Zinc, Zn	mg	0.37	0.90	0.11	0.06	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	0.014	0.007	0.449
Riboflavin	mg	0.169	0.412	0.052	0.025	1.649
Niacin	mg	0.089	0.217	0.027	0.013	0.869
Vitamin B-6	mg	0.036	0.088	0.011	0.005	0.351
Folate, DFE	µg	5	12	2	1	49
Vitamin B-12	µg	0.45	1.10	0.14	0.07	4.39
Vitamin A, RAE	µg	46	112	14	7	449
Vitamin A, IU	IU	162	395	49	24	1581
Vitamin E (alpha-tocopherol)	mg	0.07	0.17	0.02	0.01	0.68

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Vitamin D (D2 + D3)	µg	1.3	3.2	0.4	0.2	12.7
Vitamin D	IU	51	124	16	8	498
Vitamin K (phylloquinone)	µg	0.3	0.7	0.1	0.0	2.9
Lipids						
Fatty acids, total saturated	g	1.865	4.551	0.569	0.280	18.202
Fatty acids, total monounsaturated	g	0.812	1.981	0.248	0.122	7.925
Fatty acids, total polyunsaturated	g	0.195	0.476	0.059	0.029	1.903
Cholesterol	mg	10	24	3	2	98
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0