

Basic Report 01078, Milk, producer, fluid, 3.7% milkfat

Report Date: February 20, 2018 08:23 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 244g | 1 quart 976g |
|--------------------------------|-------------|---------------------------------|-----------------------|-------------------------|
| Proximates | | | | |
| Water | g | 87.69 | 213.96 | 855.85 |
| Energy | kcal | 64 | 156 | 625 |
| Protein | g | 3.28 | 8.00 | 32.01 |
| Total lipid (fat) | g | 3.66 | 8.93 | 35.72 |
| Carbohydrate, by difference | g | 4.65 | 11.35 | 45.38 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 119 | 290 | 1161 |
| Iron, Fe | mg | 0.05 | 0.12 | 0.49 |
| Magnesium, Mg | mg | 13 | 32 | 127 |
| Phosphorus, P | mg | 93 | 227 | 908 |
| Potassium, K | mg | 151 | 368 | 1474 |
| Sodium, Na | mg | 49 | 120 | 478 |
| Zinc, Zn | mg | 0.38 | 0.93 | 3.71 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | 3.7 | 14.6 |
| Thiamin | mg | 0.038 | 0.093 | 0.371 |
| Riboflavin | mg | 0.161 | 0.393 | 1.571 |
| Niacin | mg | 0.084 | 0.205 | 0.820 |
| Vitamin B-6 | mg | 0.042 | 0.102 | 0.410 |
| Folate, DFE | µg | 5 | 12 | 49 |
| Vitamin B-12 | µg | 0.36 | 0.88 | 3.51 |
| Vitamin A, RAE | µg | 33 | 81 | 322 |
| Vitamin A, IU | IU | 138 | 337 | 1347 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 2.278 | 5.558 | 22.233 |

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|------------------------------------|-------------|---------------------------------|-----------------------|-------------------------|
| Fatty acids, total monounsaturated | g | 1.057 | 2.579 | 10.316 |
| Fatty acids, total polyunsaturated | g | 0.136 | 0.332 | 1.327 |
| Cholesterol | mg | 14 | 34 | 137 |
| Amino Acids | | | | |
| Other | | | | |