

Full Report (All Nutrients) 01078, Milk, producer, fluid, 3.7% milkfat

Report Date: November 24, 2017 02:32 EST

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 244g	1 quart 976g
Proximates						
Water	g	87.69	--	--	213.96	855.85
Energy	kcal	64	--	--	156	625
Energy	kJ	268	--	--	654	2616
Protein	g	3.28	--	--	8.00	32.01
Total lipid (fat)	g	3.66	--	--	8.93	35.72
Ash	g	0.72	--	--	1.76	7.03
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
Copper, Cu	mg	0.010	--	--	0.024	0.098
Manganese, Mn	mg	0.004	--	--	0.010	0.039
Selenium, Se	µg	2.0	--	--	4.9	19.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.5	--	--	3.7	14.6
Thiamin	mg	0.038	--	--	0.093	0.371

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Riboflavin	mg	0.161	--	--	0.393	1.571
Niacin	mg	0.084	--	--	0.205	0.820
Pantothenic acid	mg	0.313	--	--	0.764	3.055
Vitamin B-6	mg	0.042	--	--	0.102	0.410
Folate, total	µg	5	--	--	12	49
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	49
Folate, DFE	µg	5	--	--	12	49
Vitamin B-12	µg	0.36	--	--	0.88	3.51
Vitamin A, RAE	µg	33	--	--	81	322
Retinol	µg	31	--	--	76	303
Vitamin A, IU	IU	138	--	--	337	1347
Lipids						
Fatty acids, total saturated	g	2.278	--	--	5.558	22.233
4:0	g	0.119	52	--	0.290	1.161
6:0	g	0.070	68	--	0.171	0.683
8:0	g	0.041	89	--	0.100	0.400
10:0	g	0.092	89	--	0.224	0.898
12:0	g	0.103	89	--	0.251	1.005
14:0	g	0.368	88	--	0.898	3.592
16:0	g	0.963	88	--	2.350	9.399
18:0	g	0.444	88	--	1.083	4.333
Fatty acids, total monounsaturated	g	1.057	--	--	2.579	10.316
16:1 undifferentiated	g	0.082	71	--	0.200	0.800
18:1 undifferentiated	g	0.921	78	--	2.247	8.989
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.136	--	--	0.332	1.327
18:2 undifferentiated	g	0.083	74	--	0.203	0.810
18:3 undifferentiated	g	0.053	65	--	0.129	0.517
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	14	--	--	34	137
Phytosterols	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.046	--	--	0.112	0.449
Threonine	g	0.148	--	--	0.361	1.444
Isoleucine	g	0.198	--	--	0.483	1.932
Leucine	g	0.321	--	--	0.783	3.133
Lysine	g	0.260	--	--	0.634	2.538
Methionine	g	0.082	--	--	0.200	0.800
Cystine	g	0.030	--	--	0.073	0.293
Phenylalanine	g	0.158	--	--	0.386	1.542
Tyrosine	g	0.158	--	--	0.386	1.542
Valine	g	0.220	--	--	0.537	2.147
Arginine	g	0.119	--	--	0.290	1.161
Histidine	g	0.089	--	--	0.217	0.869
Alanine	g	0.113	--	--	0.276	1.103
Aspartic acid	g	0.249	--	--	0.608	2.430
Glutamic acid	g	0.687	--	--	1.676	6.705
Glycine	g	0.069	--	--	0.168	0.673
Proline	g	0.318	--	--	0.776	3.104
Serine	g	0.178	--	--	0.434	1.737
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0