

Basic Report 01086, Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Report Date: July 20, 2019 01:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Proximates					
Water	g	90.38	221.43	27.66	885.72
Energy	kcal	37	91	11	363
Protein	g	3.57	8.75	1.09	34.99
Total lipid (fat)	g	0.25	0.61	0.08	2.45
Carbohydrate, by difference	g	5.02	12.30	1.54	49.20
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	5.02	12.30	1.54	49.20
Minerals					
Calcium, Ca	mg	129	316	39	1264
Iron, Fe	mg	0.05	0.12	0.02	0.49
Magnesium, Mg	mg	15	37	5	147
Phosphorus, P	mg	104	255	32	1019
Potassium, K	mg	171	419	52	1676
Sodium, Na	mg	53	130	16	519
Zinc, Zn	mg	0.41	1.00	0.13	4.02
Vitamins					
Vitamin C, total ascorbic acid	mg	1.0	2.5	0.3	9.8
Thiamin	mg	0.041	0.100	0.013	0.402
Riboflavin	mg	0.175	0.429	0.054	1.715
Niacin	mg	0.091	0.223	0.028	0.892
Vitamin B-6	mg	0.046	0.113	0.014	0.451
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.39	0.96	0.12	3.82
Vitamin A, RAE	µg	64	157	20	627
Vitamin A, IU	IU	214	524	65	2097
Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.00	0.10

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Vitamin D (D2 + D3)	µg	1.2	2.9	0.4	11.8
Vitamin D	IU	49	120	15	480
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.162	0.397	0.050	1.588
Fatty acids, total monounsaturated	g	0.065	0.159	0.020	0.637
Fatty acids, total polyunsaturated	g	0.009	0.022	0.003	0.088
Cholesterol	mg	2	5	1	20
Amino Acids					
Other					
Caffeine	mg	0	0	0	0