

Basic Report 01088, Milk, buttermilk, fluid, cultured, lowfat

Report Date: August 23, 2017 20:55 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	90.13	220.82	27.58	883.27
Energy	kcal	40	98	12	392
Protein	g	3.31	8.11	1.01	32.44
Total lipid (fat)	g	0.88	2.16	0.27	8.62
Carbohydrate, by difference	g	4.79	11.74	1.47	46.94
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	4.79	11.74	1.47	46.94
Minerals					
Calcium, Ca	mg	116	284	35	1137
Iron, Fe	mg	0.05	0.12	0.02	0.49
Magnesium, Mg	mg	11	27	3	108
Phosphorus, P	mg	89	218	27	872
Potassium, K	mg	151	370	46	1480
Sodium, Na	mg	190	466	58	1862
Zinc, Zn	mg	0.42	1.03	0.13	4.12
Vitamins					
Vitamin C, total ascorbic acid	mg	1.0	2.5	0.3	9.8
Thiamin	mg	0.034	0.083	0.010	0.333
Riboflavin	mg	0.154	0.377	0.047	1.509
Niacin	mg	0.058	0.142	0.018	0.568
Vitamin B-6	mg	0.034	0.083	0.010	0.333
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.22	0.54	0.07	2.16
Vitamin A, RAE	µg	14	34	4	137
Vitamin A, IU	IU	47	115	14	461
Vitamin E (alpha-tocopherol)	mg	0.05	0.12	0.02	0.49

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	0	10
Vitamin K (phylloquinone)	µg	0.1	0.2	0.0	1.0
Lipids					
Fatty acids, total saturated	g	0.548	1.343	0.168	5.370
Fatty acids, total monounsaturated	g	0.254	0.622	0.078	2.489
Fatty acids, total polyunsaturated	g	0.033	0.081	0.010	0.323
Cholesterol	mg	4	10	1	39
Amino Acids					
Other					
Caffeine	mg	0	0	0	0