

Basic Report 01090, Milk, dry, whole, with added vitamin D

Report Date: December 17, 2017 23:59 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.25 cup 32g | 1 cup 128g |
|--------------------------------|------|------------------------|-----------------|---------------|
| Proximates | | | | |
| Water | g | 2.47 | 0.79 | 3.16 |
| Energy | kcal | 496 | 159 | 635 |
| Protein | g | 26.32 | 8.42 | 33.69 |
| Total lipid (fat) | g | 26.71 | 8.55 | 34.19 |
| Carbohydrate, by difference | g | 38.42 | 12.29 | 49.18 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 38.42 | 12.29 | 49.18 |
| Minerals | | | | |
| Calcium, Ca | mg | 912 | 292 | 1167 |
| Iron, Fe | mg | 0.47 | 0.15 | 0.60 |
| Magnesium, Mg | mg | 85 | 27 | 109 |
| Phosphorus, P | mg | 776 | 248 | 993 |
| Potassium, K | mg | 1330 | 426 | 1702 |
| Sodium, Na | mg | 371 | 119 | 475 |
| Zinc, Zn | mg | 3.34 | 1.07 | 4.28 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 8.6 | 2.8 | 11.0 |
| Thiamin | mg | 0.283 | 0.091 | 0.362 |
| Riboflavin | mg | 1.205 | 0.386 | 1.542 |
| Niacin | mg | 0.646 | 0.207 | 0.827 |
| Vitamin B-6 | mg | 0.302 | 0.097 | 0.387 |
| Folate, DFE | µg | 37 | 12 | 47 |
| Vitamin B-12 | µg | 3.25 | 1.04 | 4.16 |
| Vitamin A, RAE | µg | 258 | 83 | 330 |
| Vitamin A, IU | IU | 934 | 299 | 1196 |
| Vitamin E (alpha-tocopherol) | mg | 0.58 | 0.19 | 0.74 |

| Nutrient | Unit | 1 Value Per100 g | 0.25 cup 32g | 1 cup 128g |
|------------------------------------|-------------|---------------------------------|-------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 10.5 | 3.4 | 13.4 |
| Vitamin D | IU | 420 | 134 | 538 |
| Vitamin K (phylloquinone) | µg | 2.2 | 0.7 | 2.8 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 16.742 | 5.357 | 21.430 |
| Fatty acids, total monounsaturated | g | 7.924 | 2.536 | 10.143 |
| Fatty acids, total polyunsaturated | g | 0.665 | 0.213 | 0.851 |
| Cholesterol | mg | 97 | 31 | 124 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |