

Basic Report 01091, Milk, dry, nonfat, regular, without added vitamin A and vitamin D
Report Date: July 24, 2019 00:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 30g	1 cup 120g	5.0 tbsp 23g
Proximates					
Water	g	3.16	0.95	3.79	0.73
Energy	kcal	362	109	434	83
Protein	g	36.16	10.85	43.39	8.32
Total lipid (fat)	g	0.77	0.23	0.92	0.18
Carbohydrate, by difference	g	51.98	15.59	62.38	11.96
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	51.98	15.59	62.38	11.96
Minerals					
Calcium, Ca	mg	1257	377	1508	289
Iron, Fe	mg	0.32	0.10	0.38	0.07
Magnesium, Mg	mg	110	33	132	25
Phosphorus, P	mg	968	290	1162	223
Potassium, K	mg	1794	538	2153	413
Sodium, Na	mg	535	160	642	123
Zinc, Zn	mg	4.08	1.22	4.90	0.94
Vitamins					
Vitamin C, total ascorbic acid	mg	6.8	2.0	8.2	1.6
Thiamin	mg	0.415	0.124	0.498	0.095
Riboflavin	mg	1.550	0.465	1.860	0.356
Niacin	mg	0.951	0.285	1.141	0.219
Vitamin B-6	mg	0.361	0.108	0.433	0.083
Folate, DFE	µg	50	15	60	12
Vitamin B-12	µg	4.03	1.21	4.84	0.93
Vitamin A, RAE	µg	6	2	7	1
Vitamin A, IU	IU	22	7	26	5
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.0	0.1	0.0
Lipids					
Fatty acids, total saturated	g	0.499	0.150	0.599	0.115
Fatty acids, total monounsaturated	g	0.201	0.060	0.241	0.046
Fatty acids, total polyunsaturated	g	0.030	0.009	0.036	0.007
Cholesterol	mg	20	6	24	5
Amino Acids					
Other					
Caffeine	mg	0	0	0	0