

**Basic Report 01091, Milk, dry, nonfat, regular, without added vitamin A and vitamin D**

Report Date: June 26, 2019 06:15 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0