

Full Report (All Nutrients) 01091, Milk, dry, nonfat, regular, without added vitamin A and vitamin D

Report Date: July 23, 2019 18:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	5.0 tbsp 23g
Proximates							
Water	g	3.16	382	0.020	0.95	3.79	0.73
Energy	kcal	362	--	--	109	434	83
Energy	kJ	1516	--	--	455	1819	349
Protein	g	36.16	183	0.080	10.85	43.39	8.32
Total lipid (fat)	g	0.77	351	0.009	0.23	0.92	0.18
Ash	g	7.93	104	--	2.38	9.52	1.82
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	12	30.000	377	1508	289
Iron, Fe	mg	0.32	6	0.050	0.10	0.38	0.07
Magnesium, Mg	mg	110	9	3.000	33	132	25
Phosphorus, P	mg	968	13	25.000	290	1162	223
Potassium, K	mg	1794	2400	3.000	538	2153	413
Sodium, Na	mg	535	6	17.000	160	642	123
Zinc, Zn	mg	4.08	7	0.100	1.22	4.90	0.94
Copper, Cu	mg	0.041	--	--	0.012	0.049	0.009
Manganese, Mn	mg	0.020	--	--	0.006	0.024	0.005
Selenium, Se	µg	27.3	9	2.900	8.2	32.8	6.3
Vitamins							
Vitamin C, total ascorbic acid	mg	6.8	14	0.700	2.0	8.2	1.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	5.0 tbsp 23g
Thiamin	mg	0.415	24	0.014	0.124	0.498	0.095
Riboflavin	mg	1.550	24	0.043	0.465	1.860	0.356
Niacin	mg	0.951	25	0.050	0.285	1.141	0.219
Pantothenic acid	mg	3.568	16	0.075	1.070	4.282	0.821
Vitamin B-6	mg	0.361	28	0.015	0.108	0.433	0.083
Folate, total	µg	50	--	--	15	60	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	50	--	--	15	60	12
Folate, DFE	µg	50	--	--	15	60	12
Choline, total	mg	169.2	--	--	50.8	203.0	38.9
Vitamin B-12	µg	4.03	15	0.340	1.21	4.84	0.93
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	2	7	1
Retinol	µg	6	--	--	2	7	1
Carotene, beta	µg	1	--	--	0	1	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	22	--	--	7	26	5
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	1	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, delta	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, alpha	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, beta	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, gamma	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, delta	mg	0.00	1	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	5.0 tbsp 23g
Lipids							
Fatty acids, total saturated	g	0.499	--	--	0.150	0.599	0.115
4:0	g	0.028	4	0.005	0.008	0.034	0.006
6:0	g	0.006	4	0.001	0.002	0.007	0.001
8:0	g	0.007	5	0.001	0.002	0.008	0.002
10:0	g	0.018	5	0.003	0.005	0.022	0.004
12:0	g	0.014	5	0.005	0.004	0.017	0.003
14:0	g	0.083	5	0.005	0.025	0.100	0.019
16:0	g	0.235	5	0.010	0.070	0.282	0.054
18:0	g	0.085	5	0.003	0.026	0.102	0.020
Fatty acids, total monounsaturated	g	0.201	--	--	0.060	0.241	0.046
16:1 undifferentiated	g	0.022	5	0.002	0.007	0.026	0.005
18:1 undifferentiated	g	0.167	5	0.003	0.050	0.200	0.038
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.009	0.036	0.007
18:2 undifferentiated	g	0.019	5	0.004	0.006	0.023	0.004
18:3 undifferentiated	g	0.011	5	0.003	0.003	0.013	0.003
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	20	--	--	6	24	5
Amino Acids							
Tryptophan	g	0.510	--	--	0.153	0.612	0.117
Threonine	g	1.632	--	--	0.490	1.958	0.375
Isoleucine	g	2.188	--	--	0.656	2.626	0.503
Leucine	g	3.542	--	--	1.063	4.250	0.815
Lysine	g	2.868	--	--	0.860	3.442	0.660
Methionine	g	0.907	--	--	0.272	1.088	0.209
Cystine	g	0.334	--	--	0.100	0.401	0.077
Phenylalanine	g	1.746	--	--	0.524	2.095	0.402

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	5.0 tbsp 23g
Tyrosine	g	1.746	--	--	0.524	2.095	0.402
Valine	g	2.420	--	--	0.726	2.904	0.557
Arginine	g	1.309	--	--	0.393	1.571	0.301
Histidine	g	0.981	--	--	0.294	1.177	0.226
Alanine	g	1.247	--	--	0.374	1.496	0.287
Aspartic acid	g	2.743	--	--	0.823	3.292	0.631
Glutamic acid	g	7.572	--	--	2.272	9.086	1.742
Glycine	g	0.765	--	--	0.229	0.918	0.176
Proline	g	3.503	--	--	1.051	4.204	0.806
Serine	g	1.967	--	--	0.590	2.360	0.452
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0