

Basic Report 01092, Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Report Date: June 29, 2017 05:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 68g	1 envelope (1-1/3 cup) 91g	0.333 cup (makes 1 cup reconstituted milk) 23g
Proximates					
Water	g	3.96	2.69	3.60	0.91
Energy	kcal	358	243	326	82
Protein	g	35.10	23.87	31.94	8.07
Total lipid (fat)	g	0.72	0.49	0.66	0.17
Carbohydrate, by difference	g	52.19	35.49	47.49	12.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	52.19	35.49	47.49	12.00
Minerals					
Calcium, Ca	mg	1231	837	1120	283
Iron, Fe	mg	0.31	0.21	0.28	0.07
Magnesium, Mg	mg	117	80	106	27
Phosphorus, P	mg	985	670	896	227
Potassium, K	mg	1705	1159	1552	392
Sodium, Na	mg	549	373	500	126
Zinc, Zn	mg	4.41	3.00	4.01	1.01
Vitamins					
Vitamin C, total ascorbic acid	mg	5.6	3.8	5.1	1.3
Thiamin	mg	0.413	0.281	0.376	0.095
Riboflavin	mg	1.744	1.186	1.587	0.401
Niacin	mg	0.891	0.606	0.811	0.205
Vitamin B-6	mg	0.345	0.235	0.314	0.079
Folate, DFE	µg	50	34	46	12
Vitamin B-12	µg	3.99	2.71	3.63	0.92
Vitamin A, RAE	µg	709	482	645	163
Vitamin A, IU	IU	2365	1608	2152	544
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00

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Vitamin D (D2 + D3)	µg	11.0	7.5	10.0	2.5
Vitamin D	IU	440	299	400	101
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.467	0.318	0.425	0.107
Fatty acids, total monounsaturated	g	0.187	0.127	0.170	0.043
Fatty acids, total polyunsaturated	g	0.028	0.019	0.025	0.006
Cholesterol	mg	18	12	16	4
Amino Acids					
Other					
Caffeine	mg	0	0	0	0