

## Basic Report 01094, Milk, buttermilk, dried

Report Date: October 24, 2017 00:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 30g	1 cup 120g	1 tbsp 6.5g
<b>Proximates</b>					
Water	g	2.97	0.89	3.56	0.19
Energy	kcal	387	116	464	25
Protein	g	34.30	10.29	41.16	2.23
Total lipid (fat)	g	5.78	1.73	6.94	0.38
Carbohydrate, by difference	g	49.00	14.70	58.80	3.19
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	49.00	14.70	58.80	3.19
<b>Minerals</b>					
Calcium, Ca	mg	1184	355	1421	77
Iron, Fe	mg	0.30	0.09	0.36	0.02
Magnesium, Mg	mg	110	33	132	7
Phosphorus, P	mg	933	280	1120	61
Potassium, K	mg	1592	478	1910	103
Sodium, Na	mg	517	155	620	34
Zinc, Zn	mg	4.02	1.21	4.82	0.26
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	5.7	1.7	6.8	0.4
Thiamin	mg	0.392	0.118	0.470	0.025
Riboflavin	mg	1.579	0.474	1.895	0.103
Niacin	mg	0.876	0.263	1.051	0.057
Vitamin B-6	mg	0.338	0.101	0.406	0.022
Folate, DFE	µg	47	14	56	3
Vitamin B-12	µg	3.82	1.15	4.58	0.25
Vitamin A, RAE	µg	49	15	59	3
Vitamin A, IU	IU	175	52	210	11
Vitamin E (alpha-tocopherol)	mg	0.10	0.03	0.12	0.01

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.6	0.0
Vitamin D	IU	20	6	24	1
Vitamin K (phylloquinone)	µg	0.4	0.1	0.5	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	3.598	1.079	4.318	0.234
Fatty acids, total monounsaturated	g	1.669	0.501	2.003	0.108
Fatty acids, total polyunsaturated	g	0.215	0.065	0.258	0.014
Cholesterol	mg	69	21	83	4
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0