

Basic Report 01094, Milk, buttermilk, dried

Report Date: June 23, 2017 04:46 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
Proximates					
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
Minerals					
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
Vitamins					
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0