

## Basic Report 01095, Milk, canned, condensed, sweetened

Report Date: November 23, 2017 20:46 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 38.2g	1 cup 306g
<b>Proximates</b>				
Water	g	27.16	10.38	83.11
Energy	kcal	321	123	982
Protein	g	7.91	3.02	24.20
Total lipid (fat)	g	8.70	3.32	26.62
Carbohydrate, by difference	g	54.40	20.78	166.46
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	54.40	20.78	166.46
<b>Minerals</b>				
Calcium, Ca	mg	284	108	869
Iron, Fe	mg	0.19	0.07	0.58
Magnesium, Mg	mg	26	10	80
Phosphorus, P	mg	253	97	774
Potassium, K	mg	371	142	1135
Sodium, Na	mg	127	49	389
Zinc, Zn	mg	0.94	0.36	2.88
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.6	1.0	8.0
Thiamin	mg	0.090	0.034	0.275
Riboflavin	mg	0.416	0.159	1.273
Niacin	mg	0.210	0.080	0.643
Vitamin B-6	mg	0.051	0.019	0.156
Folate, DFE	µg	11	4	34
Vitamin B-12	µg	0.44	0.17	1.35
Vitamin A, RAE	µg	74	28	226
Vitamin A, IU	IU	267	102	817
Vitamin E (alpha-tocopherol)	mg	0.16	0.06	0.49

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Vitamin D (D2 + D3)	µg	0.2	0.1	0.6
Vitamin D	IU	6	2	18
Vitamin K (phylloquinone)	µg	0.6	0.2	1.8
<b>Lipids</b>				
Fatty acids, total saturated	g	5.486	2.096	16.787
Fatty acids, total monounsaturated	g	2.427	0.927	7.427
Fatty acids, total polyunsaturated	g	0.337	0.129	1.031
Cholesterol	mg	34	13	104
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0