

Basic Report 01095, Milk, canned, condensed, sweetened

Report Date: February 22, 2018 23:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 38.2g	1 cup 306g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0