

## Basic Report 01097, Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Report Date: September 24, 2017 19:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
<b>Proximates</b>					
Water	g	79.40	25.33	203.26	101.63
Energy	kcal	78	25	200	100
Protein	g	7.55	2.41	19.33	9.66
Total lipid (fat)	g	0.20	0.06	0.51	0.26
Carbohydrate, by difference	g	11.35	3.62	29.06	14.53
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	11.35	3.62	29.06	14.53
<b>Minerals</b>					
Calcium, Ca	mg	290	93	742	371
Iron, Fe	mg	0.29	0.09	0.74	0.37
Magnesium, Mg	mg	27	9	69	35
Phosphorus, P	mg	195	62	499	250
Potassium, K	mg	332	106	850	425
Sodium, Na	mg	115	37	294	147
Zinc, Zn	mg	0.90	0.29	2.30	1.15
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.2	0.4	3.1	1.5
Thiamin	mg	0.045	0.014	0.115	0.058
Riboflavin	mg	0.309	0.099	0.791	0.396
Niacin	mg	0.174	0.056	0.445	0.223
Vitamin B-6	mg	0.055	0.018	0.141	0.070
Folate, DFE	µg	9	3	23	12
Vitamin B-12	µg	0.24	0.08	0.61	0.31
Vitamin A, RAE	µg	118	38	302	151
Vitamin A, IU	IU	394	126	1009	504
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	2.0	0.6	5.1	2.6
Vitamin D	IU	79	25	202	101
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.121	0.039	0.310	0.155
Fatty acids, total monounsaturated	g	0.062	0.020	0.159	0.079
Fatty acids, total polyunsaturated	g	0.006	0.002	0.015	0.008
Cholesterol	mg	4	1	10	5
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0