

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

Report Date: November 20, 2017 20:07 EST

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
Proximates					
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
Minerals					
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
Vitamins					
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

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0