

## Basic Report 01102, Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Report Date: July 22, 2017 02:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
<b>Proximates</b>					
Water	g	82.30	205.75	25.68	823.00
Energy	kcal	83	208	26	830
Protein	g	3.17	7.92	0.99	31.70
Total lipid (fat)	g	3.39	8.47	1.06	33.90
Carbohydrate, by difference	g	10.34	25.85	3.23	103.40
Fiber, total dietary	g	0.8	2.0	0.2	8.0
Sugars, total	g	9.54	23.85	2.98	95.40
<b>Minerals</b>					
Calcium, Ca	mg	112	280	35	1120
Iron, Fe	mg	0.24	0.60	0.07	2.40
Magnesium, Mg	mg	13	32	4	130
Phosphorus, P	mg	101	252	32	1010
Potassium, K	mg	167	418	52	1670
Sodium, Na	mg	60	150	19	600
Zinc, Zn	mg	0.41	1.02	0.13	4.10
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.9	2.2	0.3	9.0
Thiamin	mg	0.037	0.092	0.012	0.370
Riboflavin	mg	0.162	0.405	0.051	1.620
Niacin	mg	0.125	0.312	0.039	1.250
Vitamin B-6	mg	0.040	0.100	0.012	0.400
Folate, DFE	µg	5	12	2	50
Vitamin B-12	µg	0.33	0.82	0.10	3.30
Vitamin A, RAE	µg	27	68	8	270
Vitamin A, IU	IU	98	245	31	980
Vitamin E (alpha-tocopherol)	mg	0.07	0.17	0.02	0.70

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Vitamin D (D2 + D3)	µg	1.3	3.2	0.4	13.0
Vitamin D	IU	51	128	16	510
Vitamin K (phylloquinone)	µg	0.3	0.8	0.1	3.0
<b>Lipids</b>					
Fatty acids, total saturated	g	2.104	5.260	0.656	21.040
Fatty acids, total monounsaturated	g	0.990	2.475	0.309	9.900
Fatty acids, total polyunsaturated	g	0.124	0.310	0.039	1.240
Cholesterol	mg	12	30	4	120
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	1	2	0	10