

Basic Report 01103, Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Report Date: September 17, 2019 00:58 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
Proximates					
Water	g	82.17	205.43	25.64	821.70
Energy	kcal	76	190	24	760
Protein	g	2.99	7.47	0.93	29.90
Total lipid (fat)	g	1.90	4.75	0.59	19.00
Carbohydrate, by difference	g	12.13	30.32	3.78	121.30
Fiber, total dietary	g	0.7	1.8	0.2	7.0
Sugars, total	g	9.55	23.88	2.98	95.50
Minerals					
Calcium, Ca	mg	109	272	34	1090
Iron, Fe	mg	0.24	0.60	0.07	2.40
Magnesium, Mg	mg	14	35	4	140
Phosphorus, P	mg	102	255	32	1020
Potassium, K	mg	169	422	53	1690
Sodium, Na	mg	66	165	21	660
Zinc, Zn	mg	0.39	0.97	0.12	3.90
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.045	0.113	0.014	0.450
Riboflavin	mg	0.183	0.458	0.057	1.830
Niacin	mg	0.164	0.410	0.051	1.640
Vitamin B-6	mg	0.024	0.060	0.007	0.240
Folate, DFE	µg	2	5	1	20
Vitamin B-12	µg	0.33	0.82	0.10	3.30
Vitamin A, RAE	µg	64	160	20	640
Vitamin A, IU	IU	227	568	71	2270
Vitamin E (alpha-tocopherol)	mg	0.04	0.10	0.01	0.40

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Vitamin D (D2 + D3)	µg	1.2	3.0	0.4	12.0
Vitamin D	IU	49	122	15	490
Vitamin K (phylloquinone)	µg	0.2	0.5	0.1	2.0
Lipids					
Fatty acids, total saturated	g	1.177	2.942	0.367	11.770
Fatty acids, total monounsaturated	g	0.455	1.137	0.142	4.550
Fatty acids, total polyunsaturated	g	0.089	0.223	0.028	0.890
Cholesterol	mg	8	20	2	80
Amino Acids					
Other					
Caffeine	mg	1	2	0	10