

## Basic Report 01106, Milk, goat, fluid, with added vitamin D

Report Date: November 20, 2017 12:09 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.5g	1 cup 244g	1 quart 976g
<b>Proximates</b>					
Water	g	87.03	26.54	212.35	849.41
Energy	kcal	69	21	168	673
Protein	g	3.56	1.09	8.69	34.75
Total lipid (fat)	g	4.14	1.26	10.10	40.41
Carbohydrate, by difference	g	4.45	1.36	10.86	43.43
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	4.45	1.36	10.86	43.43
<b>Minerals</b>					
Calcium, Ca	mg	134	41	327	1308
Iron, Fe	mg	0.05	0.02	0.12	0.49
Magnesium, Mg	mg	14	4	34	137
Phosphorus, P	mg	111	34	271	1083
Potassium, K	mg	204	62	498	1991
Sodium, Na	mg	50	15	122	488
Zinc, Zn	mg	0.30	0.09	0.73	2.93
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.3	0.4	3.2	12.7
Thiamin	mg	0.048	0.015	0.117	0.468
Riboflavin	mg	0.138	0.042	0.337	1.347
Niacin	mg	0.277	0.084	0.676	2.704
Vitamin B-6	mg	0.046	0.014	0.112	0.449
Folate, DFE	µg	1	0	2	10
Vitamin B-12	µg	0.07	0.02	0.17	0.68
Vitamin A, RAE	µg	57	17	139	556
Vitamin A, IU	IU	198	60	483	1932
Vitamin E (alpha-tocopherol)	mg	0.07	0.02	0.17	0.68

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Vitamin D (D2 + D3)	µg	1.3	0.4	3.2	12.7
Vitamin D	IU	51	16	124	498
Vitamin K (phylloquinone)	µg	0.3	0.1	0.7	2.9
<b>Lipids</b>					
Fatty acids, total saturated	g	2.667	0.813	6.507	26.030
Fatty acids, total monounsaturated	g	1.109	0.338	2.706	10.824
Fatty acids, total polyunsaturated	g	0.149	0.045	0.364	1.454
Cholesterol	mg	11	3	27	107
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0