

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

Report Date: July 24, 2017 20:28 EDT

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
Proximates					
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
Minerals					
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
Vitamins					
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

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.5g	1 cup 244g	1 quart 976g
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0