

## Basic Report 01108, Milk, indian buffalo, fluid

Report Date: May 26, 2017 03:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 quart 976g
<b>Proximates</b>				
Water	g	83.39	203.47	813.89
Energy	kcal	97	237	947
Protein	g	3.75	9.15	36.60
Total lipid (fat)	g	6.89	16.81	67.25
Carbohydrate, by difference	g	5.18	12.64	50.56
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	169	412	1649
Iron, Fe	mg	0.12	0.29	1.17
Magnesium, Mg	mg	31	76	303
Phosphorus, P	mg	117	285	1142
Potassium, K	mg	178	434	1737
Sodium, Na	mg	52	127	508
Zinc, Zn	mg	0.22	0.54	2.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.3	5.6	22.4
Thiamin	mg	0.052	0.127	0.508
Riboflavin	mg	0.135	0.329	1.318
Niacin	mg	0.091	0.222	0.888
Vitamin B-6	mg	0.023	0.056	0.224
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.36	0.88	3.51
Vitamin A, RAE	µg	53	129	517
Vitamin A, IU	IU	178	434	1737
<b>Lipids</b>				
Fatty acids, total saturated	g	4.597	11.217	44.867

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 244g</b>	<b>1 quart 976g</b>
Fatty acids, total monounsaturated	g	1.787	4.360	17.441
Fatty acids, total polyunsaturated	g	0.146	0.356	1.425
Cholesterol	mg	19	46	185
<b>Amino Acids</b>				
<b>Other</b>				