

## Basic Report 01109, Milk, sheep, fluid

Report Date: July 25, 2017 18:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
<b>Proximates</b>				
Water	g	80.70	197.72	790.86
Energy	kcal	108	265	1058
Protein	g	5.98	14.65	58.60
Total lipid (fat)	g	7.00	17.15	68.60
Carbohydrate, by difference	g	5.36	13.13	52.53
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	193	473	1891
Iron, Fe	mg	0.10	0.24	0.98
Magnesium, Mg	mg	18	44	176
Phosphorus, P	mg	158	387	1548
Potassium, K	mg	137	336	1343
Sodium, Na	mg	44	108	431
Zinc, Zn	mg	0.54	1.32	5.29
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	4.2	10.3	41.2
Thiamin	mg	0.065	0.159	0.637
Riboflavin	mg	0.355	0.870	3.479
Niacin	mg	0.417	1.022	4.087
Vitamin B-6	mg	0.060	0.147	0.588
Folate, DFE	µg	7	17	69
Vitamin B-12	µg	0.71	1.74	6.96
Vitamin A, RAE	µg	44	108	431
Vitamin A, IU	IU	147	360	1441
<b>Lipids</b>				
Fatty acids, total saturated	g	4.603	11.277	45.109

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>	<b>1 quart 980g</b>
Fatty acids, total monounsaturated	g	1.724	4.224	16.895
Fatty acids, total polyunsaturated	g	0.308	0.755	3.018
Cholesterol	mg	27	66	265
<b>Amino Acids</b>				
<b>Other</b>				