

Basic Report 01110, Milk shakes, thick chocolate

Report Date: June 27, 2017 23:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 28.4g	1 container (10.6 oz) 300g
Proximates				
Water	g	72.20	20.50	216.60
Energy	kcal	119	34	357
Protein	g	3.05	0.87	9.15
Total lipid (fat)	g	2.70	0.77	8.10
Carbohydrate, by difference	g	21.15	6.01	63.45
Fiber, total dietary	g	0.3	0.1	0.9
Sugars, total	g	20.85	5.92	62.55
Minerals				
Calcium, Ca	mg	132	37	396
Iron, Fe	mg	0.31	0.09	0.93
Magnesium, Mg	mg	16	5	48
Phosphorus, P	mg	126	36	378
Potassium, K	mg	224	64	672
Sodium, Na	mg	111	32	333
Zinc, Zn	mg	0.48	0.14	1.44
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.047	0.013	0.141
Riboflavin	mg	0.222	0.063	0.666
Niacin	mg	0.124	0.035	0.372
Vitamin B-6	mg	0.025	0.007	0.075
Folate, DFE	µg	5	1	15
Vitamin B-12	µg	0.32	0.09	0.96
Vitamin A, RAE	µg	18	5	54
Vitamin A, IU	IU	67	19	201
Vitamin E (alpha-tocopherol)	mg	0.05	0.01	0.15

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Vitamin D (D2 + D3)	µg	1.0	0.3	3.0
Vitamin D	IU	41	12	123
Vitamin K (phylloquinone)	µg	0.2	0.1	0.6
Lipids				
Fatty acids, total saturated	g	1.681	0.477	5.043
Fatty acids, total monounsaturated	g	0.780	0.222	2.340
Fatty acids, total polyunsaturated	g	0.100	0.028	0.300
Cholesterol	mg	11	3	33
Amino Acids				
Other				
Caffeine	mg	2	1	6