

## Basic Report 01110, Milk shakes, thick chocolate

Report Date: December 18, 2017 07:54 EST

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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	2	1	6