

Ingredient Nutrition Report

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Milk, Reduced Fat, Fluid, 2% Milkfat, Protein Fortified, With Added Vitamin A And Vitamin D

Serving size: 100 g
 Servings per Container: 1
 Data Source: USDA SR28

Nutrient	Amount	Nutrient	Amount
Calories	56.000 kCal	Lutein + Zeaxanthin	0.000 µg RAE
Protein	3.950 grams	Thiamin (B1)	0.045 mg
Carbohydrate	5.490 grams	Riboflavin (B2)	0.194 mg
Total Sugar	5.260 grams	Niacin (B3)	0.101 mg
Added Sugar	n/a grams	Vitamin B6	0.051 mg
Fiber	0.000 grams	Vitamin B12	0.430 µg
Sugar Alcohols	n/a grams	Betaine	n/a mg
Other Carbohydrate	n/a grams	Biotin	n/a µg
Total Fat	1.980 grams	Choline	n/a mg
Saturated Fat	1.232 grams	Total Folate	6.000 µg
Monounsaturated Fat	0.572 grams	Food Folate	6.000 µg
Polyunsaturated Fat	0.074 grams	Folic Acid	0.000 µg
Omega-3 Fat	0.000 grams	Inositol	n/a mg
Omega-6 Fat	0.045 grams	Pantothenic	0.376 mg
Trans Fat	n/a grams	Vitamin C	1.100 mg
Cholesterol	8.000 mg	Vitamin D	1.000 µg
Other Fats	n/a mg	Total Vitamin E	0.040 mg
Sodium	59.000 mg	d-Alpha-Tocopherol	n/a mg
Water	87.710 grams	dl-Alpha-Tocopherol	n/a mg
Ash	0.870 grams	Beta-Tocopherol	n/a mg
Alcohol	0.000 grams	Gamma-Tocopherol	n/a mg
Caffeine	0.000 mg	Delta-Tocopherol	n/a mg
Theobromine	0.000 mg	Alpha-Tocotrienol	n/a mg
Other Organic	n/a g	Beta-Tocotrienol	n/a mg
		Gamma-Tocotrienol	n/a mg
		Delta-Tocotrienol	n/a mg
Vitamins:		Vitamin K	0.100 µg
Vitamin A	0.000 µg RAE	Other Vitamins	n/a mg
Retinol	n/a µg RAE		
Carotene	0.250 µg RAE	Minerals:	
Beta-Carotene	0.250 µg RAE	Calcium	143.000 mg
Alpha-Carotene	0.000 µg RAE	Chlorine	n/a mg
Beta-Cryptoxanthin	0.000 µg RAE	Chromium	n/a µg
Lycopene	0.000 µg RAE		

Nutrient	Amount	Nutrient	Amount
Copper	0.008 mg	Fiber:	
Fluoride	n/a µg	Soluble Fiber	n/a grams
Iodine	n/a µg	Insoluble Fiber	n/a grams
Iron	0.060 mg		
Magnesium	16.000 mg	Other Carbohydrate:	
Manganese	0.002 mg	Glycerin	n/a grams
Molybdenum	n/a µg	Non-Net Carbs	n/a grams
Phosphorus	112.000 mg	Starch	n/a grams
Potassium	182.000 mg		
Selenium	2.600 µg	Amino Acids:	
Silicon	n/a mg	Alanine	0.136 grams
Sodium	59.000 mg	Arginine	0.143 grams
Sulfur	n/a mg	Aspartic Acid	0.300 grams
Zinc	0.450 mg	Cystine	0.037 grams
Other Minerals	n/a mg	Glutamic Acid	0.827 grams
		Glycine	0.084 grams
Sugars:		Histidine	0.107 grams
Fructose	n/a grams	Hydroxyproline	n/a grams
Galactose	n/a grams	Isoleucine	0.239 grams
Glucose	n/a grams	Leucine	0.387 grams
Lactose	n/a grams	Lysine	0.313 grams
Maltose	n/a grams	Methionine	0.099 grams
Sucrose	n/a grams	Phenylalanine	0.191 grams
Other Sugars	n/a grams	Proline	0.383 grams
		Serine	0.215 grams
Added Sugars:		Threonine	0.178 grams
Added Fructose	n/a grams	Tryptophan	0.056 grams
Added Galactose	n/a grams	Tyrosine	0.191 grams
Added Glucose	n/a grams	Valine	0.264 grams
Added Lactose	n/a grams	Other Amino Acids	n/a grams
Added Maltose	n/a grams		
Added Sucrose	n/a grams	Fatty Acids:	
		Fatty Acid 4:0	0.064 grams
Sugar Alcohols:		Fatty Acid 6:0	0.038 grams
Maltitol	n/a grams	Fatty Acid 8:0	0.022 grams
Mannitol	n/a grams	Fatty Acid 10:0	0.050 grams
Sorbitol	n/a grams	Fatty Acid 12:0	0.056 grams
Xylitol	n/a grams	Fatty Acid 13:0	n/a grams
Lactitol	n/a grams	Fatty Acid 14:0	0.199 grams
Isomalt	n/a grams	Fatty Acid 15:0	n/a grams
Erythritol	n/a grams	Fatty Acid 16:0	0.521 grams
HSH	n/a grams	Fatty Acid 17:0	n/a grams

Nutrient	Amount	Nutrient	Amount
Fatty Acid 18:0	0.240 grams	Cholesterol (Animal Sterols)	8.000 mg
Fatty Acid 19:0	n/a grams	Phytosterols (Total Plant Sterols)	n/a mg
Fatty Acid 20:0	n/a grams	Betasterol	n/a mg
Fatty Acid 22:0	n/a grams	Campesterol	n/a mg
Fatty Acid 24:0	n/a grams	Stigmasterol	n/a mg
Fatty Acid 14:1	n/a grams		
Fatty Acid 15:1	n/a grams	Allergens:	
Fatty Acid 16:1	0.044 grams	Egg	n/a
16:1 cis	n/a grams	Fish	n/a
16:1 trans	n/a grams	Milk (milk lait leche)	Yes
Fatty Acid 17:1	n/a grams	Peanuts	n/a
Fatty Acid 18:1	0.498 grams	Shellfish	n/a
18:1 cis	n/a grams	Soybeans	n/a
18:1 trans	0.000 grams	Treenuts	n/a
Fatty Acid 20:1	0.000 grams	Wheat	n/a
Fatty Acid 22:1	0.000 grams	Gluten	n/a
22:1 cis	n/a grams	Mustard	n/a
22:1 trans	n/a grams	Sesame	n/a
Fatty Acid 24:1	n/a grams	Sulphites	n/a
Fatty Acid 16:2	n/a grams		
Fatty Acid 18:2	0.045 grams		
18:2 cis cis	n/a grams		
18:2 cis trans	n/a grams		
18:2 trans cis	n/a grams		
18:2 trans trans	n/a grams		
18:2 other	n/a grams		
Fatty Acid 18:3	0.029 grams		
18:3 omega 3	n/a grams		
18:3 omega 6	n/a grams		
Fatty Acid 18:4	0.000 grams		
Fatty Acid 20:2	n/a grams		
Fatty Acid 20:3	n/a grams		
20:3 omega 3	n/a grams		
20:3 omega 6	n/a grams		
Fatty Acid 20:4	0.000 grams		
20:4 omega 3	n/a grams		
20:4 omega 6	n/a grams		
Fatty Acid 20:5	0.000 grams		
Fatty Acid 22:2	n/a grams		
Fatty Acid 22:5	0.000 grams		
Fatty Acid 22:6	0.000 grams		

Sterols: