

PRODUCT NUTRITION

BUTTERMILK SOLIDS

23% Blend

100g

| Nutrient | Units | Value per 100 grams |
|------------------------------------|-------|---------------------|
| Proximates | | |
| Water | g | 3.0 |
| Energy | Kcal | 389 |
| Protein | g | 23.0 |
| Total lipid (fat) | g | 5.5 |
| Ash | g | 8.5 |
| Lactose | g | 60.00 |
| Minerals | | |
| Calcium, Ca | mg | 1094 |
| Iron, Fe | mg | 0.60 |
| Magnesium, Mg | mg | 110 |
| Phosphorus, P | mg | 906 |
| Potassium, K | mg | 1551 |
| Sodium, Na | mg | 497 |
| Zinc, Zn | mg | 4.02 |
| Vitamins | | |
| Vitamin C, total ascorbic acid | mg | 5.0 |
| Thiamin | mg | 0.40 |
| Riboflavin | mg | 2.10 |
| Niacin | mg | 0.9 |
| Pantothenic acid | mg | 3.2 |
| Vitamin B-6 | mg | 0.3 |
| Folacin | mcg | 47 |
| Vitamin A | IU | 254 |
| Lipids | | |
| Fatty acids, total saturated | g | 3.6 |
| Fatty acids, total monounsaturated | g | 0.60 |
| Fatty acids, total polyunsaturated | g | 0.10 |
| Trans fatty acids | g | 0.20 |
| Cholesterol | mg | 72.0 |
| Calories from Fat | kcal | 54 |