

**PRODUCT NUTRITION**

**NONFAT MILK SOLIDS**

**High Heat  
100g**

Nutrient	Units	Value per 100 grams
<b>Proximates</b>		
Water	g	3.16
Energy	kcal	362
Energy	kJ	1516
Protein	g	36.16
Total lipid (fat)	g	0.77
Ash	g	7.93
Carbohydrate, by difference	g	51.98
Fiber, total dietary	g	0.0
Sugars, total	g	51.98
<b>Minerals</b>		
Calcium, Ca	mg	1257
Iron, Fe	mg	0.32
Magnesium, Mg	mg	110
Phosphorus, P	mg	968
Potassium, K	mg	1794
Sodium, Na	mg	535
Zinc, Zn	mg	4.08
Copper, Cu	mg	0.041
Manganese, Mn	mg	0.020
Selenium, Se	mcg	27.3
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	6.8
Thiamin	mg	0.415
Riboflavin	mg	1.550
Niacin	mg	0.951
Pantothenic acid	mg	3.568
Vitamin B-6	mg	0.361
Folate, total	mcg	50
Folic acid	mcg	0
Folate, food	mcg	50
Folate, DFE	mcg_DFE	50
Choline, total	mg	169.2
Vitamin B-12	mcg	4.03
Vitamin B-12, added	mcg	0.00

Vitamin A, RAE	mcg_RAE	6
Retinol	mcg	6
Carotene, beta	mcg	1
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	22
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	0.00
Vitamin E, added	mg	0.00
Tocopherol, beta	mg	0.00
Tocopherol, gamma	mg	0.00
Tocopherol, delta	mg	0.00
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D3 (cholecalciferol)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0.1
<b>Lipids</b>		
Fatty acids, total saturated	g	0.499
4:0	g	0.028
6:0	g	0.006
8:0	g	0.007
10:0	g	0.018
12:0	g	0.014
14:0	g	0.083
16:0	g	0.235
18:0	g	0.085
Fatty acids, total monounsaturated	g	0.201
16:1 undifferentiated	g	0.022
18:1 undifferentiated	g	0.167
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.030
18:2 undifferentiated	g	0.019
18:3 undifferentiated	g	0.011
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Cholesterol	mg	20
<b>Amino acids</b>		
Tryptophan	g	0.510
Threonine	g	1.632
Isoleucine	g	2.188
Leucine	g	3.542
Lysine	g	2.868
Methionine	g	0.907
Cystine	g	0.334
Phenylalanine	g	1.746
Tyrosine	g	1.746

**Product Specifications:** Nonfat Milk Solids, High Heat  
October 14, 2010

Valine	g	2.420
Arginine	g	1.309
Histidine	g	0.981
Alanine	g	1.247
Aspartic acid	g	2.743
Glutamic acid	g	7.572
Glycine	g	0.765
Proline	g	3.503
Serine	g	1.967
<b>Other</b>		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.