

PRODUCT NUTRITION
LOW HEAT NONFAT MILK SOLIDS
100g

Nutrient	Units	Value per 100 grams
Proximates		
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
Minerals		
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
Vitamins		
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
Lipids		
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
Amino acids		
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
Valine	g	2.420
Arginine	g	1.309
Histidine	g	0.981

Product Specifications: Nonfat Milk Solids, Low Heat
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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
Other		
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.