

PRODUCT NUTRITION

WHOLE MILK SOLIDS

100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	2.47
Energy	kcal	496
Energy	kJ	2075
Protein	g	26.32
Total lipid (fat)	g	26.71
Ash	g	6.08
Carbohydrate, by difference	g	38.42
Fiber, total dietary	g	0.0
Sugars, total	g	38.42
Minerals		
Calcium, Ca	mg	912
Iron, Fe	mg	0.47
Magnesium, Mg	mg	85
Phosphorus, P	mg	776
Potassium, K	mg	1330
Sodium, Na	mg	371
Zinc, Zn	mg	3.34
Copper, Cu	mg	0.080
Manganese, Mn	mg	0.040
Selenium, Se	mcg	16.3
Vitamins		
Vitamin C, total ascorbic acid	mg	8.6
Thiamin	mg	0.283
Riboflavin	mg	1.205
Niacin	mg	0.646
Pantothenic acid	mg	2.271
Vitamin B-6	mg	0.302
Folate, total	mcg	37
Folic acid	mcg	0
Folate, food	mcg	37
Folate, DFE	mcg_DFE	37
Choline, total	mg	117.4
Vitamin B-12	mcg	3.25
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	258
Retinol	mcg	253

Carotene, beta	mcg	55
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	934
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	0.58
Vitamin E, added	mg	0.00
Vitamin D (D2 + D3)	mcg	0.5
Vitamin D3 (cholecalciferol)	mcg	0.5
Vitamin D	IU	20
Vitamin K (phylloquinone)	mcg	2.2
Lipids		
Fatty acids, total saturated	g	16.742
4:0	g	0.866
6:0	g	0.240
8:0	g	0.269
10:0	g	0.596
12:0	g	0.614
14:0	g	2.820
16:0	g	7.522
18:0	g	2.853
Fatty acids, total monounsaturated	g	7.924
16:1 undifferentiated	g	1.196
18:1 undifferentiated	g	6.192
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.665
18:2 undifferentiated	g	0.460
18:3 undifferentiated	g	0.204
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	97
Amino acids		
Tryptophan	g	0.371
Threonine	g	1.188
Isoleucine	g	1.592
Leucine	g	2.578
Lysine	g	2.087
Methionine	g	0.660
Cystine	g	0.243
Phenylalanine	g	1.271
Tyrosine	g	1.271
Valine	g	1.762
Arginine	g	0.953
Histidine	g	0.714
Alanine	g	0.908
Aspartic acid	g	1.997

Product Specifications: Whole Milk Solids
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Glutamic acid	g	5.512
Glycine	g	0.557
Proline	g	2.549
Serine	g	1.432
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.