



**Food ID:** J011

**Food name and Description:** Milk drink, recon, strawberry, UHT

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.5
Energy, calculated (kcal)	66
Protein (g)	2.9
Total Fat (g)	1.2
Carbohydrate, total (g)	10.8
Ash, total (g)	0.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	8.6

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	116
Phosphorus, P (mg)	60
Iron, Fe (mg)	0.3
Sodium, Na (mg)	39

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	8
Retinol Activity Equivalent, RAE (µg)	16
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	4

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.74
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	5