



**Food ID:** J015

**Food name and Description:** Milk, evaporated

**Scientific name:**

**Alternate/Common name(s):** Gatas, evaporada

**Edible portion:** 100%

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

Water (g)	71.3
Energy, calculated (kcal)	148
Protein (g)	7.7
Total Fat (g)	7.8
Carbohydrate, total (g)	11.7
Ash, total (g)	1.5

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

Fiber, total dietary (g)	0
Sugars, total (g)	11.1

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

Calcium, Ca (mg)	313
Phosphorus, P (mg)	202
Iron, Fe (mg)	0.4
Sodium, Na (mg)	117

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

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.39
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	4.74
Fatty acids, monounsaturated, total (g)	2.41
Fatty acids, polyunsaturated, total(g)	0.25
Cholesterol (mg)	30