



**Food ID:** J016

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

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	74.2
Energy, calculated (kcal)	120
Protein (g)	7.6
Total Fat (g)	4.8
Carbohydrate, total (g)	11.6
Ash, total (g)	1.8

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

Fiber, total dietary (g)	0
Sugars, total (g)	10

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

Calcium, Ca (mg)	371
Phosphorus, P (mg)	194
Iron, Fe (mg)	0.1
Sodium, Na (mg)	123

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

Retinol, Vitamin A (µg)	205
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	205
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.46
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.91
Fatty acids, monounsaturated, total (g)	1.48
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	18