



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