



Food ID: J017

Food name and Description: Milk, goat

Scientific name:

Alternate/Common name(s): Gatas, kambing

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.2
Energy, calculated (kcal)	73
Protein (g)	3.6
Total Fat (g)	4.1
Carbohydrate, total (g)	5.3
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	5.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	124
Phosphorus, P (mg)	95
Iron, Fe (mg)	0.7
Sodium, Na (mg)	52

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.67
Fatty acids, monounsaturated, total (g)	1.11
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	2