



Food ID: J019

Food name and Description: Milk, pwdr, filled, inst

Scientific name:

Alternate/Common name(s): Gatas, pulbos, filled, inst

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.2
Energy, calculated (kcal)	508
Protein (g)	26.2
Total Fat (g)	28
Carbohydrate, total (g)	37.8
Ash, total (g)	5.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	37.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	854
Phosphorus, P (mg)	688
Iron, Fe (mg)	0.3
Sodium, Na (mg)	466

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	750
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	753
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	1.74
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.22
Fatty acids, monounsaturated, total (g)	14.43
Fatty acids, polyunsaturated, total(g)	6.07
Cholesterol (mg)	16