



Food ID: J020

Food name and Description: Milk, pwdr, full cream

Scientific name:

Alternate/Common name(s): Gatas, pulbos, full cream

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.8
Energy, calculated (kcal)	480
Protein (g)	24.1
Total Fat (g)	22.5
Carbohydrate, total (g)	45.2
Ash, total (g)	5.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	38.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1023
Phosphorus, P (mg)	692
Iron, Fe (mg)	2.8
Sodium, Na (mg)	320

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	140
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	147
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	1.71
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	6

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.1
Fatty acids, monounsaturated, total (g)	6.68
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	82