



Food ID: J022

Food name and Description: Milk, pwdr, non-fat, inst

Scientific name:

Alternate/Common name(s): Gatas, pulbos, non-fat, inst

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.6
Energy, calculated (kcal)	361
Protein (g)	34.9
Total Fat (g)	1
Carbohydrate, total (g)	53.1
Ash, total (g)	7.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	52.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1146
Phosphorus, P (mg)	860
Iron, Fe (mg)	6.4
Sodium, Na (mg)	551

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	81
Thiamin, Vitamin B1 (mg)	0.36
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.65
Fatty acids, monounsaturated, total (g)	0.26
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	25