



Food ID: J024

Food name and Description: Milk, recombined

Scientific name:

Alternate/Common name(s): Gatas, recombined

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.8
Energy, calculated (kcal)	87
Protein (g)	5.2
Total Fat (g)	5.5
Carbohydrate, total (g)	4.2
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	212
Phosphorus, P (mg)	153
Iron, Fe (mg)	0.2
Sodium, Na (mg)	40

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.4
Fatty acids, monounsaturated, total (g)	1.29
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	15