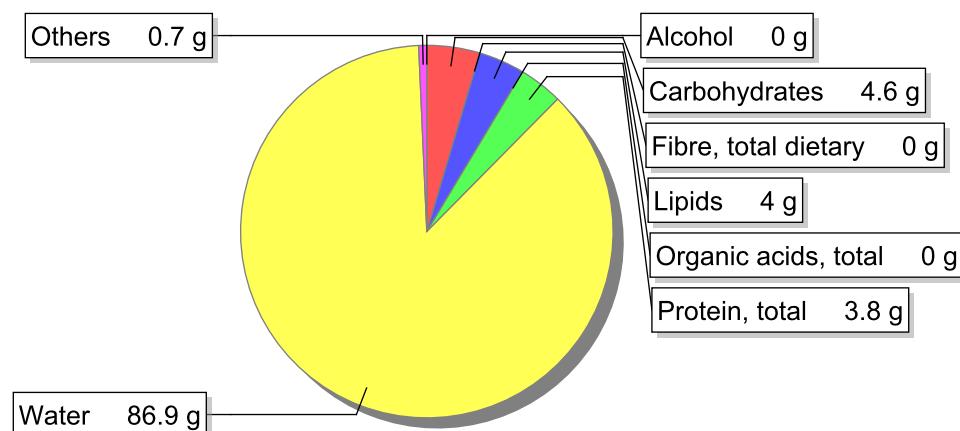


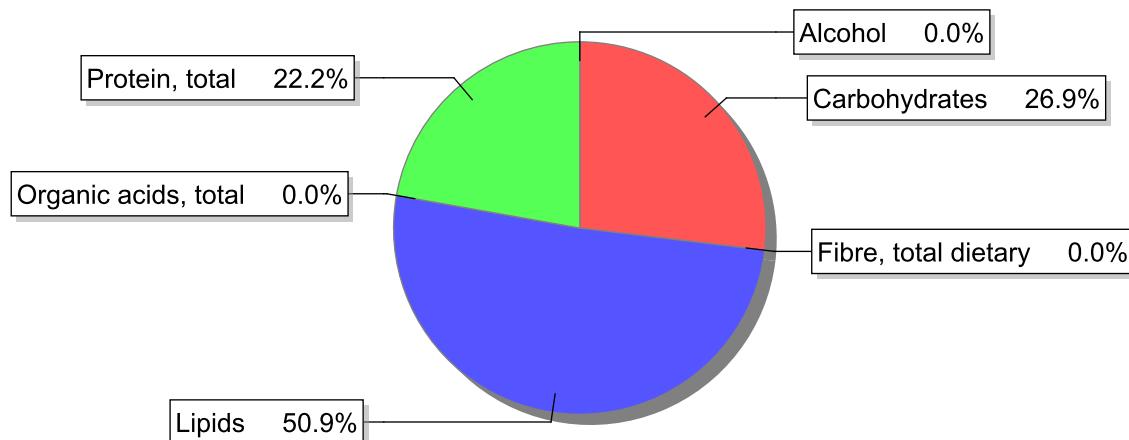
Food

Name: Milk, goats, raw
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS019
FoodEX2 Code: A02MB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	70	kcal	
energy kJ, total metabolisable	291	kJ	
fatty acids, total saturated	2.6	g	57
fatty acids, total monounsaturated	1.1	g	57
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0.1	g	
sugars, total	4.6	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.6	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	3.8	g	57
alcohol	0	g	
water	86.9	g	57
organic acids, total	0	g	
cholesterol	11	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	53	µg	57
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	57
alpha-tocopherol	0.03	mg	57
thiamin	0.05	mg	57
riboflavin	0.1	mg	57
niacin, preformed	0.3	mg	57
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.7	mg	57
vitamin B-6, total	0.04	mg	57
vitamin B-12	0.08	µg	57
vitamin C	3	mg	57
folate, total	1	µg	57
ash	0.85	g	
sodium	40	mg	57
potassium	180	mg	57
calcium	150	mg	57
phosphorus	120	mg	57
magnesium	20	mg	57
iron, total	0.2	mg	57
zinc	0.3	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB