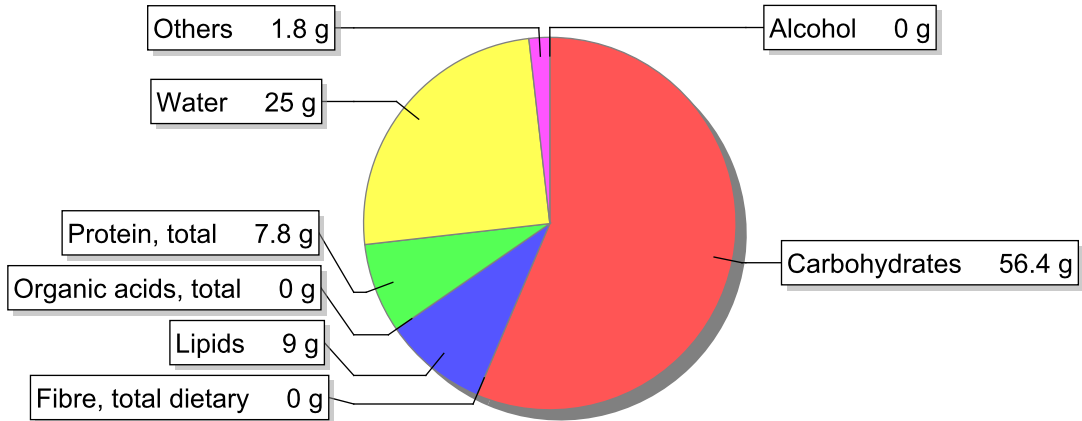


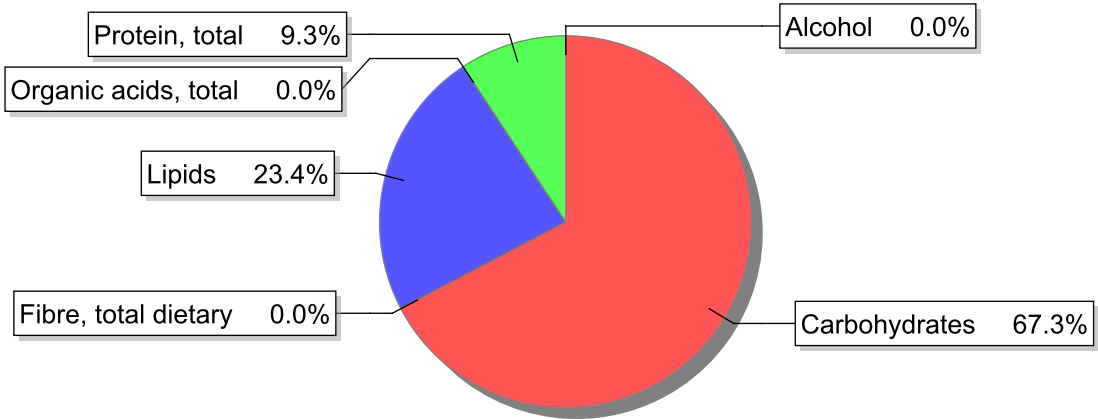
Food

Name: Milk, condensed
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS034
FoodEX2 Code: A02PG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	338	kcal	
energy kJ, total metabolisable	1420	kJ	
fatty acids, total saturated	5.4	g	
fatty acids, total monounsaturated	2	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	g	
sugars, total	56.4	g	57
sucrose	43.5	g	

Name	Value	Unit	Source(s)
lactose	12.9	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	7.8	g	57
alcohol	0	g	
water	25	g	57
organic acids, total	0	g	
cholesterol	34	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	161	µg	
carotene, total (vitamin A precursors)	74	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.05	mg	
riboflavin	0.4	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	3	mg	
niacin equivalents from tryptophan	1.8	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.5	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	1.80	g	
sodium	140	mg	9
potassium	390	mg	9
calcium	340	mg	9
phosphorus	230	mg	9
magnesium	30	mg	9
iron, total	0.4	mg	9
zinc	1.2	mg	9

Legend

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

References

Id	Reference
9	Paul, AA; Southgate, DAT; Russell, J (1980) - Amino Acids, mg per 100 g Food. Fatty Acids, g per 100g Food. First Supplement to McCance and Widdowson's The Composition of Foods. Ministry of Agriculture, Fisheries and Food. Her Majesty's Stationary Office
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB