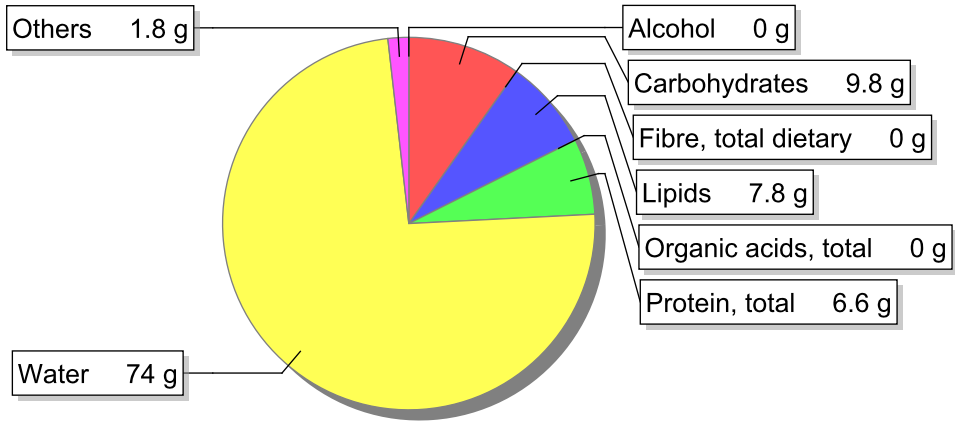


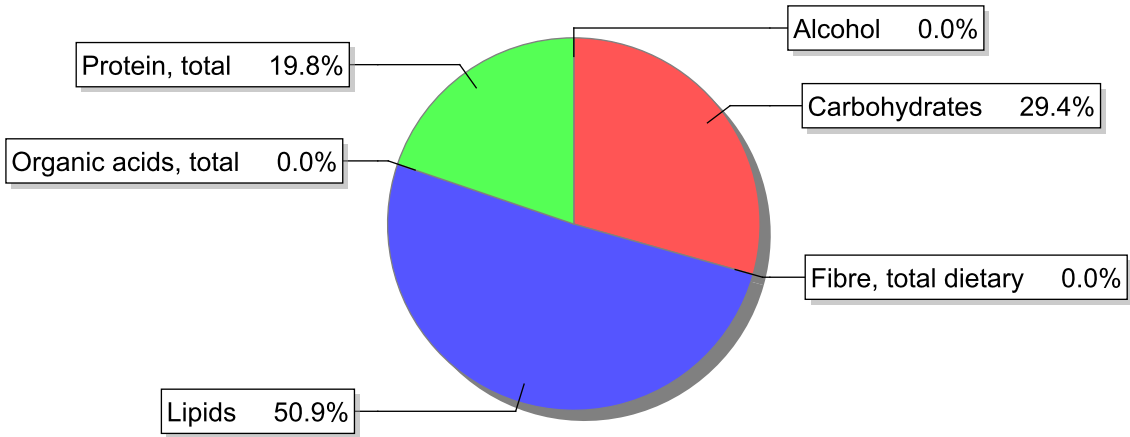
Food

Name: Milk, evaporated
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS035
FoodEX2 Code: A02PF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	136	kcal	
energy kJ, total metabolisable	567	kJ	
fatty acids, total saturated	4.4	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	g	
sugars, total	9.8	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	9.8	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	6.6	g	57
alcohol	0	g	
water	74	g	57
organic acids, total	0	g	
cholesterol	28	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	129	µg	
carotene, total (vitamin A precursors)	106	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.14	mg	
thiamin	0.06	mg	
riboflavin	0.31	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	2.2	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0.08	µg	
vitamin C	0	mg	
folate, total	9	µg	
ash	1.80	g	
sodium	140	mg	9
potassium	320	mg	9
calcium	260	mg	9
phosphorus	230	mg	9
magnesium	22	mg	9
iron, total	0.1	mg	9
zinc	0.8	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