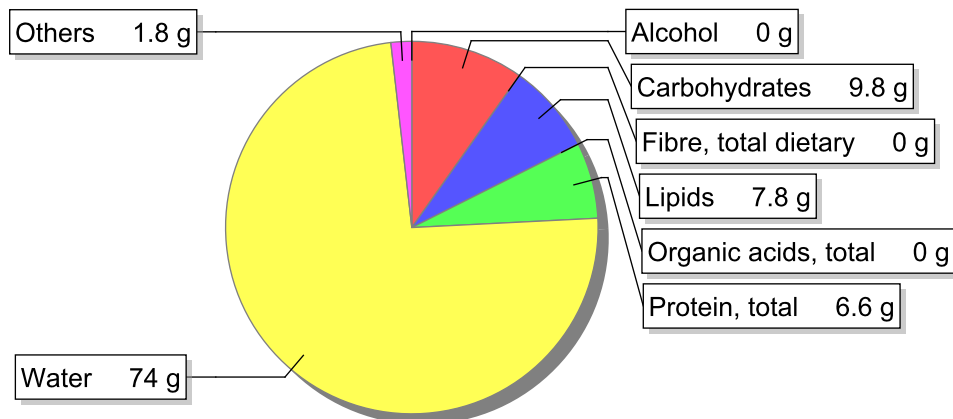


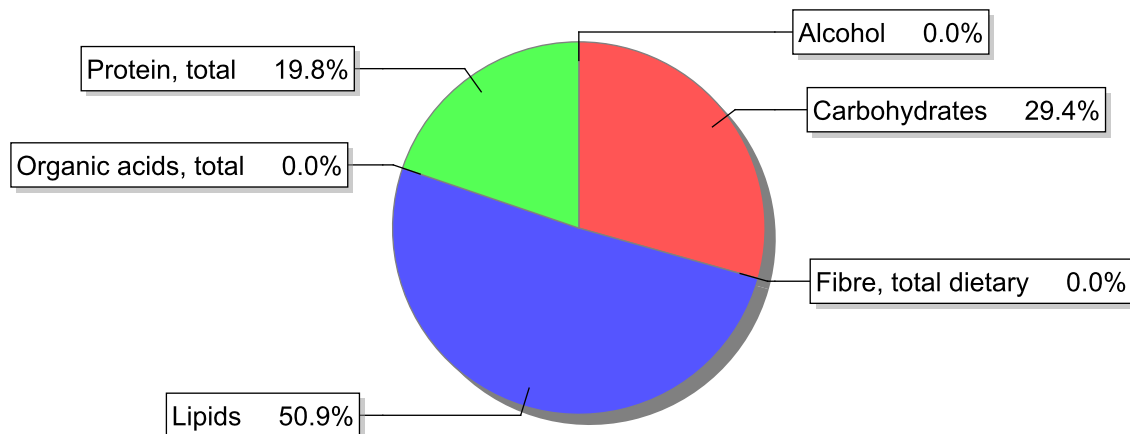
### Food

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