

# Ingredient Report

Ingredient Name: Milk, 1% Lowfat, Schneider's, MILK

Ingredient Code: SI102838

Allergens: Contains Milk

Measure	Weight In Grams
1 serving 1 cup (8 fl oz) (L v1)	245.00

## Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
40.816	1.020	0.612	0.000	4.082	51.020	4.898	0.000	4.898	3.265	0.000	122.449	204.082	0.980	(M)	(M)

## Nutrients per 245 Gram (245.000 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
100.000	2.500	1.500	0.000	10.000	125.000	12.000	0.000	12.000	8.000	0.000	300.000	500.000	2.400	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.