

# Ingredient Report

Generated 10/12/2016 10:52:28 AM by David Misterka

Ingredient Name: Milk, Fat Free Skim Milk, Half Pint, Schneider's, MILK

Ingredient Code: SI100500

Measure	Weight In Grams
1 1/2 pint (L v1)	226.80
1 cup serving (L v1)	247.00
1 ounces (L v1)	30.00

## 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)
32.389	0.000	0.000	0.000	2.020	52.632	4.858	0.000	4.858	3.239	0.000	121.457	202.429	0.972	(M)	(M)

## Nutrients per 247 Gram (247.000 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)
80.000	0.000	0.000	0.000	4.990	130.000	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.