

## Whey, sweet, fluid

Refuse: 0%

NDB No: 01114 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	93.12	32	0.028
Energy	kcal	27	0	0.000
Energy	kJ	112	0	0.000
Protein	g	0.85	16	0.017
Total lipid (fat)	g	0.36	31	0.013
Ash	g	0.53	7	0.017
Carbohydrate, by difference	g	5.14	0	0.000
Fiber, total dietary	g	0.0	0	0.000
Sugars, total	g	5.14	0	0.000
<b>Minerals</b>				
Calcium, Ca	mg	47	37	1.851
Iron, Fe	mg	0.06	0	0.000
Magnesium, Mg	mg	8	7	0.286
Phosphorus, P	mg	46	37	0.845
Potassium, K	mg	161	11	3.987
Sodium, Na	mg	54	9	4.221
Zinc, Zn	mg	0.13	0	0.000
Copper, Cu	mg	0.004	0	0.000

Manganese, Mn	mg	0.001	0	0.000
Selenium, Se	mcg	1.9	0	0.000
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.1	0	0.000
Thiamin	mg	0.036	19	0.002
Riboflavin	mg	0.158	26	0.004
Niacin	mg	0.074	13	0.009
Pantothenic acid	mg	0.383	8	0.008
Vitamin B-6	mg	0.031	13	0.006
Folate, total	mcg	1	0	0.000
Folic acid	mcg	0	0	0.000
Folate, food	mcg	1	0	0.000
Folate, DFE	mcg_DFE	1	0	0.000
Choline, total	mg	16.0	0	0.000
Vitamin B-12	mcg	0.28	17	0.030
Vitamin B-12, added	mcg	0.00	0	0.000
Vitamin A, RAE	mcg_RAE	3	0	0.000
Retinol	mcg	3	0	0.000
Carotene, beta	mcg	1	0	0.000
Carotene, alpha	mcg	0	0	0.000
Cryptoxanthin, beta	mcg	0	0	0.000
Vitamin A, IU	IU	12	0	0.000
Lycopene	mcg	0	0	0.000
Lutein + zeaxanthin	mcg	0	0	0.000

Vitamin E (alpha-tocopherol)	mg	0.00	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin K (phylloquinone)	mcg	0.0	0	0.000
<b>Lipids</b>				
Fatty acids, total saturated	g	0.230	0	0.000
4:0	g	0.020	4	0.002
6:0	g	0.003	4	0.000
8:0	g	0.003	4	0.000
10:0	g	0.006	4	0.001
12:0	g	0.004	4	0.000
14:0	g	0.035	4	0.002
16:0	g	0.110	4	0.006
18:0	g	0.033	4	0.002
Fatty acids, total monounsaturated	g	0.100	0	0.000
16:1 undifferentiated	g	0.011	4	0.001
18:1 undifferentiated	g	0.084	4	0.004
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.011	0	0.000
18:2 undifferentiated	g	0.008	4	0.001
18:3 undifferentiated	g	0.003	4	0.001
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000

22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	2	1	0.000
<b>Amino acids</b>				
Tryptophan	g	0.013	0	0.000
Threonine	g	0.054	0	0.000
Isoleucine	g	0.047	0	0.000
Leucine	g	0.078	0	0.000
Lysine	g	0.068	0	0.000
Methionine	g	0.016	0	0.000
Cystine	g	0.017	0	0.000
Phenylalanine	g	0.027	0	0.000
Tyrosine	g	0.024	0	0.000
Valine	g	0.046	0	0.000
Arginine	g	0.025	0	0.000
Histidine	g	0.016	0	0.000
Alanine	g	0.039	0	0.000
Aspartic acid	g	0.083	0	0.000
Glutamic acid	g	0.148	0	0.000
Glycine	g	0.018	0	0.000
Proline	g	0.052	0	0.000
Serine	g	0.041	0	0.000
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0.000

Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 23 (2010)