

Skummetmælk

Sødmælk, konventionel (ikke-

Indhold pr. 100 g	Enhed	Indhold	Variation	Antal	Kilde	Energifordeling
Energi [kcal: 36]	kJ	150			00050	100%
Protein, total [NCF: 6.38]	g	3.5	3.2 - 3.8	101	00333	40%
total-N	g	0.5	0.5 - 0.6	101	00050	
Fedt, total [FACF: 0.945]	g	0.3			00705	1%
mættede fedtsyrer	g	0.2			00050	
monoumætt. fedtsyrer	g	0.1			00050	
polyumætt. fedtsyrer	g	0			00050	
Kulhydrat, total	g	4.7			00050	53%
kulhydrat, tilgængelig	g	4.7			00050	
tilsat sukker	g	0			00000	
kostfibre	g	0			00000	
Alkohol	g	0			00000	
Aske	g	0.7			00806	
Vand	g	90.8	90.3 - 91.3	286	00333	

Indhold pr. 100 g	Enhed	Indhold	Antal	Kilde	Energifordeling	
Energi [kcal: 64]	kJ	269		00050	100%	
Protein, total [NCF: 6.38]	g	3.4	3.0 - 3.6	48	90231	21%
total-N	g	0.5	0.5 - 0.6	48	00050	
Fedt, total [FACF: 0.945]	g	3.5	3.0 - 3.8	52	90230	40%
mættede fedtsyrer	g	2.3			00050	
monoumætt. fedtsyrer	g	0.8			00050	
polyumætt. fedtsyrer	g	0.1			00050	
Kulhydrat, total	g	4.8	4.5 - 5.2	59	00321	30%
kulhydrat, tilgængelig	g	4.8			00050	
tilsat sukker	g	0			00000	
kostfibre	g	0			00000	
Alkohol	g	0			00000	
Aske	g	0.8	0.7 - 0.8	66	90118	
Vand	g	87.8	87.5 - 88.8	24	05184	

A-vitamin	RE	2.66			00050
Retinol	µg	2.55			00050
β-caroten	µg	1.32			00050
D-vitamin	µg	0.075			00050
D3 cholecalciferol	µg	0.075			00050
D2 ergocalciferol	µg				
25-hydroxycholecalciferol	µg				
E-vitamin	α-TE	0.008			00050
alfa-tokoferol	mg	0.008			00050
K-vitamin	µg	0			00000

A-vitamin	RE	30.5			00050
Retinol	µg	29.2	21.5 - 38.8	48	90231
β-caroten	µg	16			00050
D-vitamin	µg	0.1			00050
D3 cholecalciferol	µg	0.1			00050
D2 ergocalciferol	µg				
25-hydroxycholecalciferol	µg				
E-vitamin	α-TE	0.089			00050
alfa-tokoferol	mg	0.089			00050
K-vitamin	µg	0			00000

B1-vitamin, thiamin	mg	0.04	0.040 - 0.041	3	00113
B2-vitamin, riboflavin	mg	0.17	0.163 - 0.170	2	00116
Niacin	NE	0.873			00050
niacin	mg	0.09	0.080 - 0.100	10	00112
tryptofans bidrag	mg	0.783			00050
B6-vitamin	mg	0.05	0.036 - 0.054	9	00119
Pantothensyre	mg	0.36			00802
Biotin	µg	2			00802
Folat	µg	4.8			05143
B12-vitamin	µg	0.48	0.440 - 0.510	3	00138
C-vitamin	mg	1.3	1.00 - 1.60	34	00332
L-ascorbinsyre	mg				
L-dehydroascorbins.	mg				

B1-vitamin, thiamin	mg	0.042	0.033 - 0.052	66	90118
B2-vitamin, riboflavin	mg	0.172	0.130 - 0.230	66	90118
Niacin	NE	0.859	2.00 - 2.00	2	00050
niacin	mg	0.092	0.084 - 0.100	2	00140
tryptofans bidrag	mg	0.767	2.00 - 2.00	2	00050
B6-vitamin	mg	0.047	0.046 - 0.047	2	00140
Pantothensyre	mg	0.34			00810
Biotin	µg	1.4	1.20 - 1.70	4	00165
Folat	µg	11	7.00 - 21.0	52	90137
B12-vitamin	µg	0.45			00140
C-vitamin	mg	1.2	0.700 - 1.70	63	00332
L-ascorbinsyre	mg				
L-dehydroascorbins.	mg				

Natrium, Na	mg	44.3	38.4 - 50.2	39	00329
Kalium, K	mg	158	150 - 166	39	00329
Calcium, Ca	mg	124	114 - 134	38	00329
Magnesium, Mg	mg	12.2	10.8 - 13.6	39	00329
Phosphor, P	mg	97	81.0 - 113	38	00329
Jern, Fe	mg	0.03	0.025 - 0.035	5	00137
Kobber, Cu	mg	0.01	0.007 - 0.010	5	00806
Zink, Zn	mg	0.41	0.350 - 0.470	18	00331
Jod, I	µg	24.3	12.5 - 37.1	24	01156
Mangan, Mn	mg	0.008	0.007 - 0.009	5	00806
Chrom, Cr	µg	0.052			02099
Selen, Se	µg	1.66	1.39 - 1.93	10	05227
Nikkel, Ni	µg	0.803	0.737 - 0.875	10	05227

Natrium, Na	mg	45.4	29.0 - 54.0	66	90118
Kalium, K	mg	144	95.0 - 162	66	90118
Calcium, Ca	mg	116	63.0 - 149	66	90118
Magnesium, Mg	mg	11.1	6.70 - 12.3	66	90118
Phosphor, P	mg	93	83.0 - 103	60	00329
Jern, Fe	mg	0.04	0.012 - 0.120	66	90118
Kobber, Cu	mg	0.01	0.005 - 0.014	19	00806
Zink, Zn	mg	0.419	0.280 - 0.590	66	90118
Jod, I	µg	24.3	12.5 - 37.1	24	00259
Mangan, Mn	mg	0.01	0.007 - 0.010	19	00806
Chrom, Cr	µg	0.052			02099
Selen, Se	µg	1.61	1.28 - 1.90	10	05227
Nikkel, Ni	µg	0.958	0.519 - 1.31	10	05227

Aminosyrer	mg/100g	mg/gN	Kilde
Isoleucin	200	370	00153
Leucin	340	610	00153
Lysin	310	570	00153
Methionin	88	160	00153
Cystin	27	49	00153
Phenylalanin	180	320	00153
Tyrosin	150	270	00153
Threonin	150	270	00153
Tryptofan	47	86	00153
Valin	240	440	00153
Arginin	120	220	00153
Histidin	99	180	00153
Alanin	120	210	00153
Asparaginsyre	290	520	00153
Glutaminsyre	700	1270	00153
Glycin	71	130	00153
Prolin	340	620	00153
Serin	200	360	00153

Aminosyrer	mg/100g	mg/gN	Kilde
Isoleucin	200	370	00153
Leucin	330	610	00153
Lysin	310	570	00153
Methionin	86	160	00153
Cystin	26	49	00153
Phenylalanin	170	320	00153
Tyrosin	150	270	00153
Threonin	150	270	00153
Tryptofan	46	86	00153
Valin	240	440	00153
Arginin	120	220	00153
Histidin	96	180	00153
Alanin	110	210	00153
Asparaginsyre	280	520	00153
Glutaminsyre	680	1270	00153
Glycin	70	130	00153
Prolin	330	620	00153
Serin	190	360	00153

Kulhydrater	g/100g	Kilde
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Kulhydrater	g/100g	Kilde
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Skummetmælk

Indhold pr. 100 g	Enhed	Indhold	Variation	Antal	Kilde	Energifordeling
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Fructose	0		00000			
Glucose	0		00000			
Lactose	4.76		00321			
Maltose	0		00000			
Saccharose	0		00000			
Sukkerarter, ialt	4.76		00050			
Stivelse	0		00000			
Kostfibre, total (AOAC)						

Cholesterol	mg/100	Kilde
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Cholesterol	3	00050
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Fedtsyrer	g/100	%
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C4:0	0.010	3.53
C6:0	0.007	2.47
C8:0	0.004	1.41
C10:0	0.009	3.18
C12:0	0.012	4.24
C14:0	0.033	11.7
C15:0		
C16:0	0.089	31.4
C17:0		
C18:0	0.030	10.6
C20:0		
C22:0		
C24:0		

C14:1, n-5	0.004	1.41
C16:1, n-7	0.007	2.47
C18:1, n-9	0.067	23.7
C18:1, n-7		
C20:1, n-11	0.003	1.06
C22:1, n-9		
C22:1, n-11		
C24:1, n-9		

C18:2, n-6	0.006	2.12
C18:3, n-3	0.002	0.707
C18:4, n-3		
C20:4, n-6		
C20:5, n-3		
C22:5, n-3		
C22:6, n-3		

Andre fedtsyrer

Fedtsyresummer	g	%
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Sum mættede	0.194	68.6
Sum monoumættede	0.081	28.6
Sum polyumættede	0.008	2.83

Sum n-3 fedtsyrer	0.002	0.707
Sum n-6 fedtsyrer	0.006	2.12
Transfedtsyrer, total	0.013	4.60

Sødmælk, konventionel (ikke-

Indhold pr. 100 g	Enhed	Indhold	Antal	Kilde	Energifordeling
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Fructose	0		00000		
Glucose	0		00000		
Lactose	4.62		00321		
Maltose	0		00000		
Saccharose	0		00000		
Sukkerarter, ialt	4.62		00050		
Stivelse	0		00000		
Kostfibre, total (AOAC)					

Cholesterol	mg/100g	Kilde
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Cholesterol	14	00050
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Fedtsyrer	g/100g	%	Kilde
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C4:0	0.106	3.23	05158
C6:0	0.211	6.45	05158
C8:0	0.106	3.23	05158
C10:0	0.106	3.23	05158
C12:0	0.106	3.23	05158
C14:0	0.317	9.68	05158
C15:0			
C16:0	0.951	29.0	05158
C17:0			
C18:0	0.423	12.9	05158
C20:0	0.000		05158
C22:0	0.000		05158
C24:0	0.000		05158

C14:1, n-5	0.000		05158
C16:1, n-7	0.106	3.23	05158
C18:1, n-9	0.740	22.6	05158
C18:1, n-7	0.000		05158
C20:1, n-11	0.000		05158
C22:1, n-9	0.000		05158
C22:1, n-11	0.000		05158
C24:1, n-9	0.000		05158

C18:2, n-6	0.106	3.23	05158
C18:3, n-3	0.000		05158
C18:4, n-3	0.000		05158
C20:4, n-6			
C20:5, n-3	0.000		05158
C22:5, n-3	0.000		05158
C22:6, n-3	0.000		05158

Andre fedtsyrer

Fedtsyresummer	g/100g	%	Kilde
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Sum mættede	2.33	71.0	00050
Sum monoumættede	0.846	25.8	00050
Sum polyumættede	0.106	3.23	00050

Sum n-3 fedtsyrer	0.000		00050
Sum n-6 fedtsyrer	0.106	3.23	00050
Transfedtsyrer, total	0.151	4.60	00419