



**NUTRITIONAL INFORMATION**  
**Evaporated Goat Milk**  
**Fortified with Vitamin D & Supplemented with Folic Acid**

<u>Nutrients</u>	<u>Units</u>	<u>Per 2Tbsp (30ml)</u>	<u>Per ½ cup (120ml)</u> <small>(makes 1 cup prepared)</small>
Calories		<u>35</u>	<u>140</u>
Calories from Fat		<u>15</u>	<u>60</u>
Total Fat	grams	<u>2</u>	<u>8</u>
Saturated Fat	grams	<u>1.5</u>	<u>6</u>
Polyunsaturated Fat	grams	<u>0</u>	<u>1</u>
Monounsaturated Fat	grams	<u>0</u>	<u>1</u>
Cholesterol	milligrams	<u>10</u>	<u>40</u>
Sodium	milligrams	<u>30</u>	<u>120</u>
Potassium	milligrams	<u>105</u>	<u>420</u>
Total Carbohydrates	grams	<u>3</u>	<u>12</u>
Dietary Fiber	grams	<u>0</u>	<u>0</u>
Sugars	grams	<u>3</u>	<u>12</u>
Protein	grams	<u>2</u>	<u>8</u>
Vitamin A	I.U.	<u>75</u>	<u>300</u>
Vitamin C	milligrams	<u>0</u>	<u>0</u>
Calcium	milligrams	<u>75</u>	<u>300</u>
Iron	milligrams	<u>0</u>	<u>0</u>
Vitamin D	I.U.	<u>25</u>	<u>100</u>
Folic Acid	micrograms	<u>21</u>	<u>84</u>

Analysis Prepared by: The Allen Witte Company, Inc



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Dietary Fiber	grams	<u>0</u>	<u>0</u>
Sugars	grams	<u>3</u>	<u>12</u>
Protein	grams	<u>2</u>	<u>8</u>
Vitamin A	I.U.	<u>125</u>	<u>500</u>
Vitamin C	milligrams	<u>0</u>	<u>0</u>
Calcium	milligrams	<u>75</u>	<u>300</u>
Iron	milligrams	<u>0</u>	<u>0</u>
Vitamin D	I.U.	<u>25</u>	<u>100</u>
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