

Basic Report 01012, Cheese, cottage, creamed, large or small curd

Report Date: January 29, 2015 15:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup, large curd (not packed) 210g	1 cup, small curd (not packed) 225g
Proximates					
Water	g	79.79	90.16	167.56	179.53
Energy	kcal	98	111	206	220
Protein	g	11.12	12.57	23.35	25.02
Total lipid (fat)	g	4.30	4.86	9.03	9.68
Carbohydrate, by difference	g	3.38	3.82	7.10	7.60
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	2.67	3.02	5.61	6.01
Minerals					
Calcium, Ca	mg	83	94	174	187
Iron, Fe	mg	0.07	0.08	0.15	0.16
Magnesium, Mg	mg	8	9	17	18
Phosphorus, P	mg	159	180	334	358
Potassium, K	mg	104	118	218	234
Sodium, Na	mg	364	411	764	819
Zinc, Zn	mg	0.40	0.45	0.84	0.90
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.027	0.031	0.057	0.061
Riboflavin	mg	0.163	0.184	0.342	0.367
Niacin	mg	0.099	0.112	0.208	0.223
Vitamin B-6	mg	0.046	0.052	0.097	0.104
Folate, DFE	µg	12	14	25	27
Vitamin B-12	µg	0.43	0.49	0.90	0.97
Vitamin A, RAE	µg	37	42	78	83
Vitamin A, IU	IU	140	158	294	315
Vitamin E (alpha-tocopherol)	mg	0.08	0.09	0.17	0.18

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.2	0.2
Vitamin D	IU	3	3	6	7
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	1.718	1.941	3.608	3.866
Fatty acids, total monounsaturated	g	0.778	0.879	1.634	1.751
Fatty acids, total polyunsaturated	g	0.123	0.139	0.258	0.277
Cholesterol	mg	17	19	36	38
Other					
Caffeine	mg	0	0	0	0