

Full Report (All Nutrients) 01013, Cheese, cottage, creamed, with fruit

Report Date: January 29, 2015 03:19 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Proximates						
Water	g	79.64	--	--	89.99	179.99
Energy	kcal	97	--	--	110	219
Energy	kJ	407	--	--	460	920
Protein	g	10.69	--	--	12.08	24.16
Total lipid (fat)	g	3.85	--	--	4.35	8.70
Ash	g	1.20	--	--	1.36	2.71
Carbohydrate, by difference	g	4.61	--	--	5.21	10.42
Fiber, total dietary	g	0.2	--	--	0.2	0.5
Sugars, total	g	2.38	--	--	2.69	5.38
Minerals						
Calcium, Ca	mg	53	--	--	60	120
Iron, Fe	mg	0.16	--	--	0.18	0.36
Magnesium, Mg	mg	7	--	--	8	16
Phosphorus, P	mg	113	--	--	128	255
Potassium, K	mg	90	--	--	102	203
Sodium, Na	mg	344	--	--	389	777
Zinc, Zn	mg	0.33	--	--	0.37	0.75
Copper, Cu	mg	0.040	--	--	0.045	0.090
Manganese, Mn	mg	0.003	--	--	0.003	0.007
Selenium, Se	µg	7.7	--	--	8.7	17.4
Fluoride, F 1 2 3	µg	31.6	21	9.411	35.7	71.4
Vitamins						
Vitamin C, total ascorbic acid	mg	1.4	--	--	1.6	3.2

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Thiamin	mg	0.033	--	--	0.037	0.075
Riboflavin	mg	0.142	--	--	0.160	0.321
Niacin	mg	0.150	--	--	0.169	0.339
Pantothenic acid	mg	0.181	--	--	0.205	0.409
Vitamin B-6	mg	0.068	--	--	0.077	0.154
Folate, total	µg	11	--	--	12	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	12	25
Folate, DFE	µg	11	--	--	12	25
Choline, total	mg	17.5	--	--	19.8	39.6
Vitamin B-12	µg	0.53	--	--	0.60	1.20
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	38	--	--	43	86
Retinol	µg	37	--	--	42	84
Carotene, beta	µg	14	--	--	16	32
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	146	--	--	165	330
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.05	0.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.4	--	--	0.5	0.9
Lipids						
Fatty acids, total saturated	g	2.311	--	--	2.611	5.223
4:0	g	0.123	--	--	0.139	0.278
6:0	g	0.027	--	--	0.031	0.061
8:0	g	0.031	--	--	0.035	0.070
10:0	g	0.070	--	--	0.079	0.158
12:0	g	0.061	--	--	0.069	0.138
14:0	g	0.401	--	--	0.453	0.906

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16:0	g	1.159	--	--	1.310	2.619
18:0	g	0.438	--	--	0.495	0.990
Fatty acids, total monounsaturated	g	1.036	--	--	1.171	2.341
16:1 undifferentiated	g	0.137	--	--	0.155	0.310
18:1 undifferentiated	g	0.899	--	--	1.016	2.032
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.124	--	--	0.140	0.280
18:2 undifferentiated	g	0.088	--	--	0.099	0.199
18:3 undifferentiated	g	0.037	--	--	0.042	0.084
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	13	--	--	15	29
Amino Acids						
Tryptophan	g	0.118	--	--	0.133	0.267
Threonine	g	0.471	--	--	0.532	1.064
Isoleucine	g	0.624	--	--	0.705	1.410
Leucine	g	1.091	--	--	1.233	2.466
Lysine	g	0.859	--	--	0.971	1.941
Methionine	g	0.320	--	--	0.362	0.723
Cystine	g	0.099	--	--	0.112	0.224
Phenylalanine	g	0.572	--	--	0.646	1.293
Tyrosine	g	0.566	--	--	0.640	1.279
Valine	g	0.657	--	--	0.742	1.485
Arginine	g	0.485	--	--	0.548	1.096
Histidine	g	0.353	--	--	0.399	0.798
Alanine	g	0.551	--	--	0.623	1.245
Aspartic acid	g	0.719	--	--	0.812	1.625
Glutamic acid	g	2.300	--	--	2.599	5.198
Glycine	g	0.231	--	--	0.261	0.522

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Proline	g	1.230	--	--	1.390	2.780
Serine	g	0.596	--	--	0.673	1.347
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

²J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, New York State Fluoride Analysis Contract - report date 12/1/1988

³Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301