

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 01015, Cheese, cottage, lowfat, 2% milkfat

Report Date: March 05, 2015 22:59 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup (not packed) 226g
Proximates				
Water	g	81.24	91.80	183.60
Energy	kcal	81	92	183
Protein	g	10.45	11.81	23.62
Total lipid (fat)	g	2.27	2.57	5.13
Carbohydrate, by difference	g	4.76	5.38	10.76
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	4.00	4.52	9.04
Minerals				
Calcium, Ca	mg	111	125	251
Iron, Fe	mg	0.13	0.15	0.29
Magnesium, Mg	mg	9	10	20
Phosphorus, P	mg	150	170	339
Potassium, K	mg	125	141	282
Sodium, Na	mg	308	348	696
Zinc, Zn	mg	0.51	0.58	1.15
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.023	0.045
Riboflavin	mg	0.251	0.284	0.567
Niacin	mg	0.103	0.116	0.233
Vitamin B-6	mg	0.057	0.064	0.129
Folate, DFE	µg	8	9	18
Vitamin B-12	µg	0.47	0.53	1.06
Vitamin A, RAE	µg	68	77	154
Vitamin A, IU	IU	225	254	508
Vitamin E (alpha-tocopherol)	mg	0.08	0.09	0.18

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.235	1.396	2.791
Fatty acids, total monounsaturated	g	0.516	0.583	1.166
Fatty acids, total polyunsaturated	g	0.083	0.094	0.188
Fatty acids, total trans	g	0.067	0.076	0.151
Cholesterol	mg	12	14	27
Other				
Caffeine	mg	0	0	0