

Basic Report 01185, Parmesan cheese topping, fat free

Report Date: February 01, 2015 03:41 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tablespoon 5g
Proximates			
Water	g	8.60	0.43
Energy	kcal	370	18
Protein	g	40.00	2.00
Total lipid (fat)	g	5.00	0.25
Carbohydrate, by difference	g	40.00	2.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.50	0.08
Minerals			
Calcium, Ca	mg	800	40
Iron, Fe	mg	5.00	0.25
Magnesium, Mg	mg	40	2
Phosphorus, P	mg	700	35
Potassium, K	mg	600	30
Sodium, Na	mg	1150	58
Zinc, Zn	mg	3.00	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.050	0.002
Riboflavin	mg	0.050	0.002
Niacin	mg	0.200	0.010
Vitamin B-6	mg	0.100	0.005
Folate, DFE	µg	25	1
Vitamin B-12	µg	1.10	0.06
Vitamin A, RAE	µg	40	2
Vitamin A, IU	IU	151	8
Vitamin E (alpha-tocopherol)	mg	0.04	0.00

Nutrient	Unit	1 Value Per100 g	1 tablespoon 5g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.4	0.0
Lipids			
Fatty acids, total saturated	g	3.110	0.156
Fatty acids, total monounsaturated	g	1.446	0.072
Fatty acids, total polyunsaturated	g	0.186	0.009
Cholesterol	mg	20	1
Other			
Caffeine	mg	0	0