

Basic Report 01016, Cheese, cottage, lowfat, 1% milkfat

Report Date: January 25, 2015 15:20 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	82.48	93.20	186.40
Energy	kcal	72	81	163
Protein	g	12.39	14.00	28.00
Total lipid (fat)	g	1.02	1.15	2.31
Carbohydrate, by difference	g	2.72	3.07	6.15
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.72	3.07	6.15
Minerals				
Calcium, Ca	mg	61	69	138
Iron, Fe	mg	0.14	0.16	0.32
Magnesium, Mg	mg	5	6	11
Phosphorus, P	mg	134	151	303
Potassium, K	mg	86	97	194
Sodium, Na	mg	406	459	918
Zinc, Zn	mg	0.38	0.43	0.86
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.021	0.024	0.047
Riboflavin	mg	0.165	0.186	0.373
Niacin	mg	0.128	0.145	0.289
Vitamin B-6	mg	0.068	0.077	0.154
Folate, DFE	µg	12	14	27
Vitamin B-12	µg	0.63	0.71	1.42
Vitamin A, RAE	µg	11	12	25
Vitamin A, IU	IU	41	46	93
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.02

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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	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	0.645	0.729	1.458
Fatty acids, total monounsaturated	g	0.291	0.329	0.658
Fatty acids, total polyunsaturated	g	0.031	0.035	0.070
Cholesterol	mg	4	5	9
Other				
Caffeine	mg	0	0	0