

Basic Report 01199, Cream, half and half, fat free

Report Date: March 06, 2015 04:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 29g	1 pint 484g
Proximates				
Water	g	86.00	24.94	416.24
Energy	kcal	59	17	286
Protein	g	2.60	0.75	12.58
Total lipid (fat)	g	1.40	0.41	6.78
Carbohydrate, by difference	g	9.00	2.61	43.56
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.00	1.45	24.20
Minerals				
Calcium, Ca	mg	96	28	465
Iron, Fe	mg	0.00	0.00	0.00
Magnesium, Mg	mg	16	5	77
Phosphorus, P	mg	151	44	731
Potassium, K	mg	206	60	997
Sodium, Na	mg	100	29	484
Zinc, Zn	mg	0.81	0.23	3.92
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.2	3.4
Thiamin	mg	0.056	0.016	0.271
Riboflavin	mg	0.237	0.069	1.147
Niacin	mg	0.124	0.036	0.600
Vitamin B-6	mg	0.062	0.018	0.300
Folate, DFE	µg	4	1	19
Vitamin B-12	µg	0.52	0.15	2.52
Vitamin A, RAE	µg	12	3	58
Vitamin A, IU	IU	43	12	208
Vitamin E (alpha-tocopherol)	mg	0.04	0.01	0.19

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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	0.2	0.1	1.0
Lipids				
Fatty acids, total saturated	g	0.841	0.244	4.070
Fatty acids, total monounsaturated	g	0.384	0.111	1.859
Fatty acids, total polyunsaturated	g	0.052	0.015	0.252
Cholesterol	mg	5	1	24
Other				
Caffeine	mg	0	0	0