

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 01017, Cheese, cream

Report Date: March 05, 2015 19:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14.5g	1 cup 232g	1 tbsp, whipped 10g	1 oz 28.35g	1 cubic inch 16g	1 package, small (3 oz) 85g
Proximates								
Water	g	54.44	7.89	126.30	5.44	15.43	8.71	46.27
Energy	kcal	342	50	793	34	97	55	291
Protein	g	5.93	0.86	13.76	0.59	1.68	0.95	5.04
Total lipid (fat)	g	34.24	4.96	79.44	3.42	9.71	5.48	29.10
Carbohydrate, by difference	g	4.07	0.59	9.44	0.41	1.15	0.65	3.46
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	3.21	0.47	7.45	0.32	0.91	0.51	2.73
Minerals								
Calcium, Ca	mg	98	14	227	10	28	16	83
Iron, Fe	mg	0.38	0.06	0.88	0.04	0.11	0.06	0.32
Magnesium, Mg	mg	9	1	21	1	3	1	8
Phosphorus, P	mg	106	15	246	11	30	17	90
Potassium, K	mg	138	20	320	14	39	22	117
Sodium, Na	mg	365	53	847	36	103	58	310
Zinc, Zn	mg	0.51	0.07	1.18	0.05	0.14	0.08	0.43
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.020	0.003	0.046	0.002	0.006	0.003	0.017
Riboflavin	mg	0.125	0.018	0.290	0.012	0.035	0.020	0.106
Niacin	mg	0.145	0.021	0.336	0.014	0.041	0.023	0.123
Vitamin B-6	mg	0.035	0.005	0.081	0.004	0.010	0.006	0.030
Folate, DFE	µg	11	2	26	1	3	2	9
Vitamin B-12	µg	0.25	0.04	0.58	0.02	0.07	0.04	0.21
Vitamin A, RAE	µg	366	53	849	37	104	59	311
Vitamin A, IU	IU	1343	195	3116	134	381	215	1142
Vitamin E (alpha-tocopherol)	mg	0.29	0.04	0.67	0.03	0.08	0.05	0.25

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Vitamin D (D2 + D3)	µg	0.6	0.1	1.4	0.1	0.2	0.1	0.5
Vitamin D	IU	25	4	58	2	7	4	21
Vitamin K (phylloquinone)	µg	2.9	0.4	6.7	0.3	0.8	0.5	2.5
Lipids								
Fatty acids, total saturated	g	19.292	2.797	44.757	1.929	5.469	3.087	16.398
Fatty acids, total monounsaturated	g	8.620	1.250	19.998	0.862	2.444	1.379	7.327
Fatty acids, total polyunsaturated	g	1.437	0.208	3.334	0.144	0.407	0.230	1.221
Cholesterol	mg	110	16	255	11	31	18	94
Other								
Caffeine	mg	0	0	0	0	0	0	0