

Full Report (All Nutrients) 01017, Cheese, cream

Report Date: February 01, 2015 06:40 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1	g	54.44	2	--	7.89	126.30	5.44	15.43	8.71	46.27
Energy	kcal	342	--	--	50	793	34	97	55	291
Energy	kJ	1431	--	--	207	3320	143	406	229	1216
Protein 1	g	5.93	2	--	0.86	13.76	0.59	1.68	0.95	5.04
Total lipid (fat) 1	g	34.24	2	--	4.96	79.44	3.42	9.71	5.48	29.10
Ash 1	g	1.32	2	--	0.19	3.06	0.13	0.37	0.21	1.12
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 1	g	3.21	2	--	0.47	7.45	0.32	0.91	0.51	2.73
Sucrose 1	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Fructose 1	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Lactose 1	g	3.21	2	--	0.47	7.45	0.32	0.91	0.51	2.73
Maltose 1	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 1	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Starch 1	g	0.35	2	--	0.05	0.81	0.04	0.10	0.06	0.30
Minerals										
Calcium, Ca 1	mg	98	2	--	14	227	10	28	16	83
Iron, Fe 1	mg	0.38	2	--	0.06	0.88	0.04	0.11	0.06	0.32
Magnesium, Mg 1	mg	9	2	--	1	21	1	3	1	8
Phosphorus, P 1	mg	106	2	--	15	246	11	30	17	90
Potassium, K 1	mg	138	2	--	20	320	14	39	22	117

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20:2 n-6 c,c 1	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.058	2	--	0.008	0.135	0.006	0.016	0.009	0.049
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol 1	mg	110	2	--	16	255	11	31	18	94
Amino Acids										
Tryptophan 1	g	0.069	--	--	0.010	0.160	0.007	0.020	0.011	0.059
Threonine 1	g	0.233	--	--	0.034	0.541	0.023	0.066	0.037	0.198
Isoleucine 1	g	0.324	--	--	0.047	0.752	0.032	0.092	0.052	0.275
Leucine 1	g	0.657	--	--	0.095	1.524	0.066	0.186	0.105	0.558
Lysine 1	g	0.567	--	--	0.082	1.315	0.057	0.161	0.091	0.482
Methionine 1	g	0.191	--	--	0.028	0.443	0.019	0.054	0.031	0.162
Cystine 1	g	0.042	--	--	0.006	0.097	0.004	0.012	0.007	0.036
Phenylalanine 1	g	0.291	--	--	0.042	0.675	0.029	0.082	0.047	0.247
Tyrosine 1	g	0.303	--	--	0.044	0.703	0.030	0.086	0.048	0.258
Valine 1	g	0.395	--	--	0.057	0.916	0.040	0.112	0.063	0.336
Arginine 1	g	0.235	--	--	0.034	0.545	0.023	0.067	0.038	0.200
Histidine 1	g	0.175	--	--	0.025	0.406	0.018	0.050	0.028	0.149
Alanine 1	g	0.184	--	--	0.027	0.427	0.018	0.052	0.029	0.156
Aspartic acid 1	g	0.514	--	--	0.075	1.192	0.051	0.146	0.082	0.437
Glutamic acid 1	g	1.304	--	--	0.189	3.025	0.130	0.370	0.209	1.108
Glycine 1	g	0.142	--	--	0.021	0.329	0.014	0.040	0.023	0.121
Proline 1	g	0.665	--	--	0.096	1.543	0.066	0.189	0.106	0.565
Serine 1	g	0.374	--	--	0.054	0.868	0.037	0.106	0.060	0.318
Hydroxyproline 1	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

