

**Basic Report 01050, Cream, fluid, light (coffee cream or table cream)**

Report Date: January 29, 2015 15:24 EST

Nutrient values and weights are for edible portion

| Nutrient                       | Unit | 1 Value Per100 g | 1 fl oz 30g | 1 tbsp 15g | 1 cup 240g | 1 container, individual 11.1g |
|--------------------------------|------|------------------|-------------|------------|------------|-------------------------------|
| <b>Proximates</b>              |      |                  |             |            |            |                               |
| Water                          | g    | 73.75            | 22.12       | 11.06      | 177.00     | 8.19                          |
| Energy                         | kcal | 195              | 58          | 29         | 468        | 22                            |
| Protein                        | g    | 2.70             | 0.81        | 0.40       | 6.48       | 0.30                          |
| Total lipid (fat)              | g    | 19.31            | 5.79        | 2.90       | 46.34      | 2.14                          |
| Carbohydrate, by difference    | g    | 3.66             | 1.10        | 0.55       | 8.78       | 0.41                          |
| Fiber, total dietary           | g    | 0.0              | 0.0         | 0.0        | 0.0        | 0.0                           |
| Sugars, total                  | g    | 3.66             | 1.10        | 0.55       | 8.78       | 0.41                          |
| <b>Minerals</b>                |      |                  |             |            |            |                               |
| Calcium, Ca                    | mg   | 96               | 29          | 14         | 230        | 11                            |
| Iron, Fe                       | mg   | 0.04             | 0.01        | 0.01       | 0.10       | 0.00                          |
| Magnesium, Mg                  | mg   | 9                | 3           | 1          | 22         | 1                             |
| Phosphorus, P                  | mg   | 80               | 24          | 12         | 192        | 9                             |
| Potassium, K                   | mg   | 122              | 37          | 18         | 293        | 14                            |
| Sodium, Na                     | mg   | 40               | 12          | 6          | 96         | 4                             |
| Zinc, Zn                       | mg   | 0.27             | 0.08        | 0.04       | 0.65       | 0.03                          |
| <b>Vitamins</b>                |      |                  |             |            |            |                               |
| Vitamin C, total ascorbic acid | mg   | 0.8              | 0.2         | 0.1        | 1.9        | 0.1                           |
| Thiamin                        | mg   | 0.032            | 0.010       | 0.005      | 0.077      | 0.004                         |
| Riboflavin                     | mg   | 0.148            | 0.044       | 0.022      | 0.355      | 0.016                         |
| Niacin                         | mg   | 0.057            | 0.017       | 0.009      | 0.137      | 0.006                         |
| Vitamin B-6                    | mg   | 0.032            | 0.010       | 0.005      | 0.077      | 0.004                         |
| Folate, DFE                    | µg   | 2                | 1           | 0          | 5          | 0                             |
| Vitamin B-12                   | µg   | 0.22             | 0.07        | 0.03       | 0.53       | 0.02                          |
| Vitamin A, RAE                 | µg   | 181              | 54          | 27         | 434        | 20                            |
| Vitamin A, IU                  | IU   | 656              | 197         | 98         | 1574       | 73                            |
| Vitamin E (alpha-tocopherol)   | mg   | 0.55             | 0.16        | 0.08       | 1.32       | 0.06                          |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 fl oz<br/>30g</b> | <b>1 tbsp<br/>15g</b> | <b>1 cup<br/>240g</b> | <b>1 container, individual<br/>11.1g</b> |
|------------------------------------|-------------|---------------------------------|------------------------|-----------------------|-----------------------|--|
| Vitamin D (D2 + D3)                | µg          | 0.4                             | 0.1                    | 0.1                   | 1.0                   | 0.0                                      |
| Vitamin D                          | IU          | 14                              | 4                      | 2                     | 34                    | 2  |
| Vitamin K (phylloquinone)          | µg          | 1.7                             | 0.5                    | 0.3                   | 4.1                   | 0.2                                      |
| <b>Lipids</b>                      |             |                                 |                        |                       |                       |  |
| Fatty acids, total saturated       | g           | 12.020                          | 3.606                  | 1.803                 | 28.848                | 1.334                                    |
| Fatty acids, total monounsaturated | g           | 5.577                           | 1.673                  | 0.837                 | 13.385                | 0.619                                    |
| Fatty acids, total polyunsaturated | g           | 0.717                           | 0.215                  | 0.108                 | 1.721                 | 0.080                                    |
| Cholesterol                        | mg          | 66                              | 20                     | 10                    | 158                   | 7  |
| <b>Other</b>                       |             |                                 |                        |                       |                       |  |
| Caffeine                           | mg          | 0                               | 0                      | 0                     | 0                     | 0  |