

Basic Report 01014, Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Report Date: July 21, 2019 15:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (not packed) 145g	4.0 oz 113g
Proximates				
Water	g	81.01	117.46	91.54
Energy	kcal	72	104	81
Protein	g	10.34	14.99	11.68
Total lipid (fat)	g	0.29	0.42	0.33
Carbohydrate, by difference	g	6.66	9.66	7.53
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	1.85	2.68	2.09
Minerals				
Calcium, Ca	mg	86	125	97
Iron, Fe	mg	0.15	0.22	0.17
Magnesium, Mg	mg	11	16	12
Phosphorus, P	mg	190	276	215
Potassium, K	mg	137	199	155
Sodium, Na	mg	372	539	420
Zinc, Zn	mg	0.47	0.68	0.53
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.023	0.033	0.026
Riboflavin	mg	0.226	0.328	0.255
Niacin	mg	0.144	0.209	0.163
Vitamin B-6	mg	0.016	0.023	0.018
Folate, DFE	µg	9	13	10
Vitamin B-12	µg	0.46	0.67	0.52
Vitamin A, RAE	µg	2	3	2
Vitamin A, IU	IU	8	12	9
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.169	0.245	0.191
Fatty acids, total monounsaturated	g	0.079	0.115	0.089
Fatty acids, total polyunsaturated	g	0.003	0.004	0.003
Cholesterol	mg	7	10	8
Amino Acids				
Other				
Caffeine	mg	0	0	0