

Basic Report 01017, Cheese, cream

Report Date: June 16, 2019 05:29 EDT

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	52.62	7.63	122.08	5.26	14.92	8.42	44.73
Energy	kcal	350	51	812	35	99	56	298
Protein	g	6.15	0.89	14.27	0.61	1.74	0.98	5.23
Total lipid (fat)	g	34.44	4.99	79.90	3.44	9.76	5.51	29.27
Carbohydrate, by difference	g	5.52	0.80	12.81	0.55	1.56	0.88	4.69
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	3.76	0.55	8.72	0.38	1.07	0.60	3.20
Minerals								
Calcium, Ca	mg	97	14	225	10	27	16	82
Iron, Fe	mg	0.11	0.02	0.26	0.01	0.03	0.02	0.09
Magnesium, Mg	mg	9	1	21	1	3	1	8
Phosphorus, P	mg	107	16	248	11	30	17	91
Potassium, K	mg	132	19	306	13	37	21	112
Sodium, Na	mg	314	46	728	31	89	50	267
Zinc, Zn	mg	0.50	0.07	1.16	0.05	0.14	0.08	0.42
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.023	0.003	0.053	0.002	0.007	0.004	0.020
Riboflavin	mg	0.230	0.033	0.534	0.023	0.065	0.037	0.196
Niacin	mg	0.091	0.013	0.211	0.009	0.026	0.015	0.077
Vitamin B-6	mg	0.056	0.008	0.130	0.006	0.016	0.009	0.048
Folate, DFE	µg	9	1	21	1	3	1	8
Vitamin B-12	µg	0.22	0.03	0.51	0.02	0.06	0.04	0.19
Vitamin A, RAE	µg	308	45	715	31	87	49	262
Vitamin A, IU	IU	1111	161	2578	111	315	178	944
Vitamin E (alpha-tocopherol)	mg	0.86	0.12	2.00	0.09	0.24	0.14	0.73

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.1	0.3	4.9	0.2	0.6	0.3	1.8
Lipids								
Fatty acids, total saturated	g	20.213	2.931	46.894	2.021	5.730	3.234	17.181
Fatty acids, total monounsaturated	g	8.907	1.292	20.664	0.891	2.525	1.425	7.571
Fatty acids, total polyunsaturated	g	1.483	0.215	3.441	0.148	0.420	0.237	1.261
Fatty acids, total trans	g	1.173	0.170	2.721	0.117	0.333	0.188	0.997
Cholesterol	mg	101	15	234	10	29	16	86
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0