

Full Report (All Nutrients) 01017, Cheese, cream

Report Date: July 21, 2019 23:54 EDT

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	52.62	11	0.420	7.63	122.08	5.26	14.92	8.42	44.73
Energy	kcal	350	--	--	51	812	35	99	56	298
Energy	kJ	1466	--	--	213	3401	147	416	235	1246
Protein 1	g	6.15	11	0.080	0.89	14.27	0.61	1.74	0.98	5.23
Total lipid (fat) 1	g	34.44	11	0.260	4.99	79.90	3.44	9.76	5.51	29.27
Ash 1	g	1.27	11	0.030	0.18	2.95	0.13	0.36	0.20	1.08
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 1	g	3.76	4	0.100	0.55	8.72	0.38	1.07	0.60	3.20
Sucrose 1	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Fructose 1	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Lactose 1	g	3.76	4	0.100	0.55	8.72	0.38	1.07	0.60	3.20
Maltose 1	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 1	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Starch 2	g	0.35	2	--	0.05	0.81	0.04	0.10	0.06	0.30
Minerals										
Calcium, Ca 1	mg	97	11	2.000	14	225	10	27	16	82
Iron, Fe 1	mg	0.11	11	0.007	0.02	0.26	0.01	0.03	0.02	0.09
Magnesium, Mg 1	mg	9	12	0.000	1	21	1	3	1	8
Phosphorus, P 1	mg	107	12	1.000	16	248	11	30	17	91
Potassium, K 1	mg	132	11	5.000	19	306	13	37	21	112

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Sodium, Na 1	mg	314	12	7.000	46	728	31	89	50	267
Zinc, Zn 1	mg	0.50	12	0.010	0.07	1.16	0.05	0.14	0.08	0.42
Copper, Cu 1	mg	0.018	12	0.000	0.003	0.042	0.002	0.005	0.003	0.015
Manganese, Mn 1	mg	0.011	12	0.000	0.002	0.026	0.001	0.003	0.002	0.009
Selenium, Se 1	µg	8.6	6	0.400	1.2	20.0	0.9	2.4	1.4	7.3
Vitamins										
Vitamin C, total ascorbic acid 2	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin 1	mg	0.023	6	0.002	0.003	0.053	0.002	0.007	0.004	0.020
Riboflavin 1	mg	0.230	6	0.006	0.033	0.534	0.023	0.065	0.037	0.196
Niacin 1	mg	0.091	6	0.008	0.013	0.211	0.009	0.026	0.015	0.077
Pantothenic acid 1	mg	0.517	4	0.012	0.075	1.199	0.052	0.147	0.083	0.439
Vitamin B-6 1	mg	0.056	6	0.002	0.008	0.130	0.006	0.016	0.009	0.048
Folate, total 1	µg	9	2	--	1	21	1	3	1	8
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	9	2	--	1	21	1	3	1	8
Folate, DFE	µg	9	--	--	1	21	1	3	1	8
Choline, total 1	mg	26.8	--	--	3.9	62.2	2.7	7.6	4.3	22.8
Betaine 1	mg	0.5	1	--	0.1	1.2	0.1	0.1	0.1	0.4
Vitamin B-12 1	µg	0.22	6	0.020	0.03	0.51	0.02	0.06	0.04	0.19
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	308	4	--	45	715	31	87	49	262
Retinol 1	µg	303	4	34.000	44	703	30	86	48	258
Carotene, beta 1	µg	59	4	4.000	9	137	6	17	9	50
Carotene, alpha 1	µg	1	4	0.000	0	2	0	0	0	1
Cryptoxanthin, beta 1	µg	2	4	0.000	0	5	0	1	0	2
Vitamin A, IU	IU	1111	--	--	161	2578	111	315	178	944
Lycopene 1	µg	0	4	0.000	0	0	0	0	0	0
Lutein + zeaxanthin 1	µg	7	4	0.000	1	16	1	2	1	6
Vitamin E (alpha-tocopherol) 1	mg	0.86	6	0.070	0.12	2.00	0.09	0.24	0.14	0.73
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.41	6	0.040	0.06	0.95	0.04	0.12	0.07	0.35

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Tocopherol, delta 1	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha 1	mg	0.04	6	0.008	0.01	0.09	0.00	0.01	0.01	0.03
Tocotrienol, beta 1	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta 1	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	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) 1	µg	2.1	2	--	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
4:0 1	g	0.718	11	0.006	0.104	1.666	0.072	0.204	0.115	0.610
6:0 1	g	0.592	11	0.004	0.086	1.373	0.059	0.168	0.095	0.503
8:0 1	g	0.366	11	0.003	0.053	0.849	0.037	0.104	0.059	0.311
10:0 1	g	0.868	11	0.008	0.126	2.014	0.087	0.246	0.139	0.738
12:0 1	g	1.004	11	0.009	0.146	2.329	0.100	0.285	0.161	0.853
14:0 1	g	3.275	11	0.029	0.475	7.598	0.328	0.928	0.524	2.784
15:0 1	g	0.344	11	0.004	0.050	0.798	0.034	0.098	0.055	0.292
16:0 1	g	9.405	11	0.132	1.364	21.820	0.941	2.666	1.505	7.994
17:0 1	g	0.207	11	0.002	0.030	0.480	0.021	0.059	0.033	0.176
18:0 1	g	3.365	11	0.055	0.488	7.807	0.337	0.954	0.538	2.860
20:0 1	g	0.045	11	0.001	0.007	0.104	0.004	0.013	0.007	0.038
22:0 1	g	0.014	11	0.000	0.002	0.032	0.001	0.004	0.002	0.012
24:0 1	g	0.008	11	0.000	0.001	0.019	0.001	0.002	0.001	0.007
Fatty acids, total monounsaturated	g	8.907	--	--	1.292	20.664	0.891	2.525	1.425	7.571
14:1 1	g	0.346	11	0.005	0.050	0.803	0.035	0.098	0.055	0.294
15:1 1	g	0.000	11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.651	11	0.011	0.094	1.510	0.065	0.185	0.104	0.553
16:1 c 1	g	0.542	11	0.012	0.079	1.257	0.054	0.154	0.087	0.461
16:1 t 1	g	0.108	11	0.002	0.016	0.251	0.011	0.031	0.017	0.092
17:1 1	g	0.068	11	0.001	0.010	0.158	0.007	0.019	0.011	0.058

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18:1 undifferentiated 1	g	7.776	11	0.082	1.128	18.040	0.778	2.204	1.244	6.610	
18:1 c 1	g	6.940	11	0.072	1.006	16.101	0.694	1.967	1.110	5.899	
18:1 t 1	g	0.836	11	0.013	0.121	1.940	0.084	0.237	0.134	0.711	
20:1 1	g	0.064	11	0.001	0.009	0.148	0.006	0.018	0.010	0.054	
22:1 undifferentiated 1	g	0.002	11	0.000	0.000	0.005	0.000	0.001	0.000	0.002	
22:1 c 1	g	0.002	11	0.000	0.000	0.005	0.000	0.001	0.000	0.002	
22:1 t 1	g	0.000	11	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
24:1 c 1	g	0.000	11	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
Fatty acids, total polyunsaturated	g	1.483	--	--	0.215	3.441	0.148	0.420	0.237	1.261	
18:2 undifferentiated 1	g	1.212	11	0.014	0.176	2.812	0.121	0.344	0.194	1.030	
18:2 n-6 c,c 1	g	0.807	11	0.011	0.117	1.872	0.081	0.229	0.129	0.686	
18:2 CLAs 1	g	0.180	11	0.004	0.026	0.418	0.018	0.051	0.029	0.153	
18:2 t not further defined 1	g	0.225	11	0.004	0.033	0.522	0.022	0.064	0.036	0.191	
18:3 undifferentiated 1	g	0.131	11	0.002	0.019	0.304	0.013	0.037	0.021	0.111	
18:3 n-3 c,c,c (ALA) 1	g	0.125	11	0.002	0.018	0.290	0.013	0.035	0.020	0.106	
18:3 n-6 c,c,c 1	g	0.002	11	0.000	0.000	0.005	0.000	0.001	0.000	0.002	
18:3i 1	g	0.004	11	0.000	0.001	0.009	0.000	0.001	0.001	0.003	
18:4 1	g	0.001	11	0.001	0.000	0.002	0.000	0.000	0.000	0.001	
20:2 n-6 c,c 1	g	0.007	11	0.000	0.001	0.016	0.001	0.002	0.001	0.006	
20:3 undifferentiated 1	g	0.039	11	0.001	0.006	0.090	0.004	0.011	0.006	0.033	
20:3 n-6 1	g	0.036	11	0.001	0.005	0.084	0.004	0.010	0.006	0.031	
20:4 undifferentiated 1	g	0.053	11	0.001	0.008	0.123	0.005	0.015	0.008	0.045	
20:5 n-3 (EPA) 1	g	0.010	11	0.000	0.001	0.023	0.001	0.003	0.002	0.009	
22:4 1	g	0.008	11	0.000	0.001	0.019	0.001	0.002	0.001	0.007	
22:5 n-3 (DPA) 1	g	0.020	11	0.000	0.003	0.046	0.002	0.006	0.003	0.017	
22:6 n-3 (DHA) 1	g	0.000	11	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
Fatty acids, total trans	g	1.173	--	--	0.170	2.721	0.117	0.333	0.188	0.997	
Fatty acids, total trans-monoenoic	g	0.944	--	--	0.137	2.190	0.094	0.268	0.151	0.802	
Cholesterol 1	mg	101	5	1.000	15	234	10	29	16	86	
Amino Acids											
Tryptophan	g	0.069	--	--	0.010	0.160	0.007	0.020	0.011	0.059	
Threonine	g	0.233	--	--	0.034	0.541	0.023	0.066	0.037	0.198	

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
Isoleucine	g	0.324	--	--	0.047	0.752	0.032	0.092	0.052	0.275
Leucine	g	0.657	--	--	0.095	1.524	0.066	0.186	0.105	0.558
Lysine	g	0.567	--	--	0.082	1.315	0.057	0.161	0.091	0.482
Methionine	g	0.191	--	--	0.028	0.443	0.019	0.054	0.031	0.162
Cystine	g	0.042	--	--	0.006	0.097	0.004	0.012	0.007	0.036
Phenylalanine	g	0.291	--	--	0.042	0.675	0.029	0.082	0.047	0.247
Tyrosine	g	0.303	--	--	0.044	0.703	0.030	0.086	0.048	0.258
Valine	g	0.395	--	--	0.057	0.916	0.040	0.112	0.063	0.336
Arginine	g	0.235	--	--	0.034	0.545	0.023	0.067	0.038	0.200
Histidine	g	0.175	--	--	0.025	0.406	0.018	0.050	0.028	0.149
Alanine	g	0.184	--	--	0.027	0.427	0.018	0.052	0.029	0.156
Aspartic acid	g	0.514	--	--	0.075	1.192	0.051	0.146	0.082	0.437
Glutamic acid	g	1.304	--	--	0.189	3.025	0.130	0.370	0.209	1.108
Glycine	g	0.142	--	--	0.021	0.329	0.014	0.040	0.023	0.121
Proline	g	0.665	--	--	0.096	1.543	0.067	0.189	0.106	0.565
Serine	g	0.374	--	--	0.054	0.868	0.037	0.106	0.060	0.318
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 18c, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD