

## Basic Report 01036, Cheese, ricotta, whole milk

Report Date: July 16, 2019 13:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 124g	1 cup 246g
<b>Proximates</b>				
Water	g	73.69	91.38	181.28
Energy	kcal	150	186	369
Protein	g	7.54	9.35	18.55
Total lipid (fat)	g	10.18	12.62	25.04
Carbohydrate, by difference	g	7.27	9.01	17.88
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.27	0.33	0.66
<b>Minerals</b>				
Calcium, Ca	mg	206	255	507
Iron, Fe	mg	0.13	0.16	0.32
Magnesium, Mg	mg	20	25	49
Phosphorus, P	mg	154	191	379
Potassium, K	mg	219	272	539
Sodium, Na	mg	110	136	271
Zinc, Zn	mg	0.53	0.66	1.30
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.013	0.016	0.032
Riboflavin	mg	0.298	0.370	0.733
Niacin	mg	0.137	0.170	0.337
Vitamin B-6	mg	0.097	0.120	0.239
Folate, DFE	µg	4	5	10
Vitamin B-12	µg	0.85	1.05	2.09
Vitamin A, RAE	µg	120	149	295
Vitamin A, IU	IU	445	552	1095
Vitamin E (alpha-tocopherol)	mg	0.11	0.14	0.27

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.5
Vitamin D	IU	10	12	25
Vitamin K (phylloquinone)	µg	1.1	1.4	2.7
<b>Lipids</b>				
Fatty acids, total saturated	g	6.420	7.961	15.793
Fatty acids, total monounsaturated	g	2.659	3.297	6.541
Fatty acids, total polyunsaturated	g	0.445	0.552	1.095
Fatty acids, total trans	g	0.333	0.413	0.819
Cholesterol	mg	49	61	121
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0