

Basic Report 01053, Cream, fluid, heavy whipping
Report Date: September 19, 2019 15:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 238g	1 tbsp 15g	6 fl oz 178.8g
Proximates						
Water	g	57.71	69.25	137.35	8.66	103.19
Energy	kcal	340	408	809	51	608
Protein	g	2.84	3.41	6.76	0.43	5.08
Total lipid (fat)	g	36.08	43.30	85.87	5.41	64.51
Carbohydrate, by difference	g	2.84	3.41	6.76	0.43	5.08
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	2.92	3.50	6.95	0.44	5.22
Minerals						
Calcium, Ca	mg	66	79	157	10	118
Iron, Fe	mg	0.10	0.12	0.24	0.01	0.18
Magnesium, Mg	mg	7	8	17	1	13
Phosphorus, P	mg	58	70	138	9	104
Potassium, K	mg	95	114	226	14	170
Sodium, Na	mg	27	32	64	4	48
Zinc, Zn	mg	0.24	0.29	0.57	0.04	0.43
Vitamins						
Vitamin C, total ascorbic acid	mg	0.6	0.7	1.4	0.1	1.1
Thiamin	mg	0.020	0.024	0.048	0.003	0.036
Riboflavin	mg	0.188	0.226	0.447	0.028	0.336
Niacin	mg	0.064	0.077	0.152	0.010	0.114
Vitamin B-6	mg	0.035	0.042	0.083	0.005	0.063
Folate, DFE	µg	4	5	10	1	7
Vitamin B-12	µg	0.16	0.19	0.38	0.02	0.29
Vitamin A, RAE	µg	411	493	978	62	735
Vitamin A, IU	IU	1470	1764	3499	220	2628
Vitamin E (alpha-tocopherol)	mg	0.92	1.10	2.19	0.14	1.64

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Vitamin D (D2 + D3)	µg	1.6	1.9	3.8	0.2	2.9
Vitamin D	IU	63	76	150	9	113
Vitamin K (phylloquinone)	µg	3.2	3.8	7.6	0.5	5.7
Lipids						
Fatty acids, total saturated	g	23.032	27.638	54.816	3.455	41.181
Fatty acids, total monounsaturated	g	9.101	10.921	21.660	1.365	16.273
Fatty acids, total polyunsaturated	g	1.570	1.884	3.737	0.236	2.807
Fatty acids, total trans	g	1.236	1.483	2.942	0.185	2.210
Cholesterol	mg	113	136	269	17	202
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0