

## Basic Report 01012, Cheese, cottage, creamed, large or small curd

Report Date: August 17, 2017 23:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup, large curd (not packed) 210g	1 cup, small curd (not packed) 225g
<b>Proximates</b>					
Water	g	79.79	90.16	167.56	179.53
Energy	kcal	98	111	206	220
Protein	g	11.12	12.57	23.35	25.02
Total lipid (fat)	g	4.30	4.86	9.03	9.68
Carbohydrate, by difference	g	3.38	3.82	7.10	7.61
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	2.67	3.02	5.61	6.01
<b>Minerals</b>					
Calcium, Ca	mg	83	94	174	187
Iron, Fe	mg	0.07	0.08	0.15	0.16
Magnesium, Mg	mg	8	9	17	18
Phosphorus, P	mg	159	180	334	358
Potassium, K	mg	104	118	218	234
Sodium, Na	mg	364	411	764	819
Zinc, Zn	mg	0.40	0.45	0.84	0.90
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.027	0.031	0.057	0.061
Riboflavin	mg	0.163	0.184	0.342	0.367
Niacin	mg	0.099	0.112	0.208	0.223
Vitamin B-6	mg	0.046	0.052	0.097	0.103
Folate, DFE	µg	12	14	25	27
Vitamin B-12	µg	0.43	0.49	0.90	0.97
Vitamin A, RAE	µg	37	42	78	83
Vitamin A, IU	IU	140	158	294	315
Vitamin E (alpha-tocopherol)	mg	0.08	0.09	0.17	0.18

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.2	0.2
Vitamin D	IU	3	3	6	7
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	1.718	1.941	3.608	3.865
Fatty acids, total monounsaturated	g	0.778	0.879	1.634	1.751
Fatty acids, total polyunsaturated	g	0.123	0.139	0.258	0.277
Cholesterol	mg	17	19	36	38
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0