

## Full Report (All Nutrients) 01012, Cheese, cottage, creamed, large or small curd

Report Date: August 21, 2017 04:34 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	4.0 oz 113g	1 cup, large curd (not packed) 210g	1 cup, small curd (not packed) 225g
<b>Proximates</b>							
Water <a href="#">1</a>	g	79.79	3	0.242	90.16	167.56	179.53
Energy	kcal	98	--	--	111	206	220
Energy	kJ	412	--	--	466	865	927
Protein <a href="#">1</a>	g	11.12	3	0.408	12.57	23.35	25.02
Total lipid (fat) <a href="#">1</a>	g	4.30	3	0.026	4.86	9.03	9.68
Ash <a href="#">1</a>	g	1.41	3	0.032	1.59	2.96	3.17
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 <a href="#">1</a>	g	2.67	3	0.520	3.02	5.61	6.01
Sucrose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00
Glucose (dextrose) <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00
Fructose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00
Lactose <a href="#">1</a>	g	2.67	3	0.520	3.02	5.61	6.01
Maltose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca <a href="#">1</a>	mg	83	3	1.350	94	174	187
Iron, Fe <a href="#">1</a>	mg	0.07	3	0.000	0.08	0.15	0.16
Magnesium, Mg <a href="#">1</a>	mg	8	3	0.250	9	17	18
Phosphorus, P <a href="#">1</a>	mg	159	3	3.383	180	334	358
Potassium, K <a href="#">1</a>	mg	104	3	8.138	118	218	234
Sodium, Na <a href="#">1</a>	mg	364	3	17.616	411	764	819

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Zinc, Zn <a href="#">1</a>	mg	0.40	3	0.014	0.45	0.84	0.90
Copper, Cu <a href="#">1</a>	mg	0.029	3	0.011	0.033	0.061	0.065
Manganese, Mn <a href="#">1</a>	mg	0.002	3	0.000	0.002	0.004	0.005
Selenium, Se <a href="#">1</a>	µg	9.7	3	1.418	11.0	20.4	21.8
Fluoride, F <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	31.6	21	9.411	35.7	66.4	71.1
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.027	3	0.003	0.031	0.057	0.061
Riboflavin <a href="#">1</a>	mg	0.163	3	0.003	0.184	0.342	0.367
Niacin <a href="#">1</a>	mg	0.099	3	0.004	0.112	0.208	0.223
Pantothenic acid <a href="#">1</a>	mg	0.557	3	0.027	0.629	1.170	1.253
Vitamin B-6 <a href="#">1</a>	mg	0.046	3	0.002	0.052	0.097	0.103
Folate, total	µg	12	4	1.350	14	25	27
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	12	4	1.350	14	25	27
Folate, DFE	µg	12	--	--	14	25	27
Choline, total <a href="#">5</a>	mg	18.4	--	--	20.8	38.6	41.4
Betaine <a href="#">5</a>	mg	0.7	1	--	0.8	1.5	1.6
Vitamin B-12 <a href="#">1</a>	µg	0.43	3	0.047	0.49	0.90	0.97
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	37	--	--	42	78	83
Retinol <a href="#">1</a>	µg	36	3	2.579	41	76	81
Carotene, beta	µg	12	--	--	14	25	27
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	140	--	--	158	294	315
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.08	3	0.003	0.09	0.17	0.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00
Tocopherol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.1	--	--	0.1	0.2	0.2
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1	0.2	0.2
Vitamin D	IU	3	--	--	3	6	7
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	3	0.000	0.0	0.0	0.0
<b>Lipids</b>							
Fatty acids, total saturated	g	1.718	--	--	1.941	3.608	3.865
4:0	g	0.109	--	--	0.123	0.229	0.245
6:0	g	0.025	--	--	0.028	0.052	0.056
8:0	g	0.023	--	--	0.026	0.048	0.052
10:0	g	0.064	--	--	0.072	0.134	0.144
12:0	g	0.070	--	--	0.079	0.147	0.158
14:0	g	0.263	--	--	0.297	0.552	0.592
15:0	g	0.029	--	--	0.033	0.061	0.065
16:0	g	0.778	--	--	0.879	1.634	1.751
17:0	g	0.012	--	--	0.014	0.025	0.027
18:0	g	0.345	--	--	0.390	0.724	0.776
Fatty acids, total monounsaturated	g	0.778	--	--	0.879	1.634	1.751
14:1	g	0.017	--	--	0.019	0.036	0.038
16:1 undifferentiated	g	0.047	--	--	0.053	0.099	0.106
18:1 undifferentiated	g	0.714	--	--	0.807	1.499	1.607
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.123	--	--	0.139	0.258	0.277
18:2 undifferentiated	g	0.105	--	--	0.119	0.221	0.236
18:3 undifferentiated	g	0.017	--	--	0.019	0.036	0.038
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol <a href="#">1</a>	mg	17	3	0.208	19	36	38
<b>Amino Acids</b>							
Tryptophan <a href="#">1</a>	g	0.147	--	--	0.166	0.309	0.331

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Threonine <a href="#">1</a>	g	0.500	--	--	0.565	1.050	1.125
Isoleucine <a href="#">1</a>	g	0.591	--	--	0.668	1.241	1.330
Leucine <a href="#">1</a>	g	1.116	--	--	1.261	2.344	2.511
Lysine <a href="#">1</a>	g	0.934	--	--	1.055	1.961	2.102
Methionine <a href="#">1</a>	g	0.269	--	--	0.304	0.565	0.605
Cystine <a href="#">1</a>	g	0.066	--	--	0.075	0.139	0.149
Phenylalanine <a href="#">1</a>	g	0.577	--	--	0.652	1.212	1.298
Tyrosine <a href="#">1</a>	g	0.604	--	--	0.683	1.268	1.359
Valine <a href="#">1</a>	g	0.748	--	--	0.845	1.571	1.683
Arginine <a href="#">1</a>	g	0.497	--	--	0.562	1.044	1.118
Histidine <a href="#">1</a>	g	0.326	--	--	0.368	0.685	0.734
Alanine <a href="#">1</a>	g	0.384	--	--	0.434	0.806	0.864
Aspartic acid <a href="#">1</a>	g	0.905	--	--	1.023	1.901	2.036
Glutamic acid <a href="#">1</a>	g	2.603	--	--	2.941	5.466	5.857
Glycine <a href="#">1</a>	g	0.222	--	--	0.251	0.466	0.500
Proline <a href="#">1</a>	g	1.229	--	--	1.389	2.581	2.765
Serine <a href="#">1</a>	g	0.639	--	--	0.722	1.342	1.438
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD

<sup>2</sup>Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

<sup>3</sup>J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

<sup>4</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD