

Basic Report 01013, Cheese, cottage, creamed, with fruit

Report Date: July 23, 2017 08:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup (not packed) 226g
Proximates				
Water	g	79.64	89.99	179.99
Energy	kcal	97	110	219
Protein	g	10.69	12.08	24.16
Total lipid (fat)	g	3.85	4.35	8.70
Carbohydrate, by difference	g	4.61	5.21	10.42
Fiber, total dietary	g	0.2	0.2	0.5
Sugars, total	g	2.38	2.69	5.38
Minerals				
Calcium, Ca	mg	53	60	120
Iron, Fe	mg	0.16	0.18	0.36
Magnesium, Mg	mg	7	8	16
Phosphorus, P	mg	113	128	255
Potassium, K	mg	90	102	203
Sodium, Na	mg	344	389	777
Zinc, Zn	mg	0.33	0.37	0.75
Vitamins				
Vitamin C, total ascorbic acid	mg	1.4	1.6	3.2
Thiamin	mg	0.033	0.037	0.075
Riboflavin	mg	0.142	0.160	0.321
Niacin	mg	0.150	0.169	0.339
Vitamin B-6	mg	0.068	0.077	0.154
Folate, DFE	µg	11	12	25
Vitamin B-12	µg	0.53	0.60	1.20
Vitamin A, RAE	µg	38	43	86
Vitamin A, IU	IU	146	165	330
Vitamin E (alpha-tocopherol)	mg	0.04	0.05	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.5	0.9
Lipids				
Fatty acids, total saturated	g	2.311	2.611	5.223
Fatty acids, total monounsaturated	g	1.036	1.171	2.341
Fatty acids, total polyunsaturated	g	0.124	0.140	0.280
Cholesterol	mg	13	15	29
Amino Acids				
Other				
Caffeine	mg	0	0	0