

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

Report Date: May 29, 2017 03:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup (not packed) 226g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>	<b>1 cup (not packed) 226g</b>
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0