

Basic Report 01164, Cheese sauce, prepared from recipe

Report Date: December 12, 2017 15:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 30g	1 cup 243g
Proximates				
Water	g	66.86	20.06	162.47
Energy	kcal	197	59	479
Protein	g	10.33	3.10	25.10
Total lipid (fat)	g	14.92	4.48	36.26
Carbohydrate, by difference	g	5.48	1.64	13.32
Fiber, total dietary	g	0.1	0.0	0.2
Sugars, total	g	0.19	0.06	0.46
Minerals				
Calcium, Ca	mg	311	93	756
Iron, Fe	mg	0.35	0.10	0.85
Magnesium, Mg	mg	19	6	46
Phosphorus, P	mg	229	69	556
Potassium, K	mg	142	43	345
Sodium, Na	mg	493	148	1198
Zinc, Zn	mg	1.26	0.38	3.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.6	0.2	1.5
Thiamin	mg	0.044	0.013	0.107
Riboflavin	mg	0.243	0.073	0.590
Niacin	mg	0.204	0.061	0.496
Vitamin B-6	mg	0.045	0.013	0.109
Folate, DFE	µg	11	3	27
Vitamin B-12	µg	0.35	0.10	0.85
Vitamin A, RAE	µg	82	25	199
Vitamin A, IU	IU	310	93	753
Vitamin E (alpha-tocopherol)	mg	0.09	0.03	0.22

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Vitamin D (D2 + D3)	µg	1.0	0.3	2.4
Vitamin D	IU	41	12	100
Vitamin K (phylloquinone)	µg	0.9	0.3	2.2
Lipids				
Fatty acids, total saturated	g	8.034	2.410	19.523
Fatty acids, total monounsaturated	g	4.735	1.421	11.506
Fatty acids, total polyunsaturated	g	1.397	0.419	3.395
Cholesterol	mg	38	11	92
Amino Acids				
Other				
Caffeine	mg	0	0	0