

Basic Report 01164, Cheese sauce, prepared from recipe

Report Date: October 21, 2017 08:23 EDT

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 |