

## Basic Report 01014, Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Report Date: August 20, 2017 09:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (not packed) 145g	4.0 oz 113g
<b>Proximates</b>				
Water	g	81.01	117.46	91.54
Energy	kcal	72	104	81
Protein	g	10.34	14.99	11.68
Total lipid (fat)	g	0.29	0.42	0.33
Carbohydrate, by difference	g	6.66	9.66	7.53
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	1.85	2.68	2.09
<b>Minerals</b>				
Calcium, Ca	mg	86	125	97
Iron, Fe	mg	0.15	0.22	0.17
Magnesium, Mg	mg	11	16	12
Phosphorus, P	mg	190	276	215
Potassium, K	mg	137	199	155
Sodium, Na	mg	372	539	420
Zinc, Zn	mg	0.47	0.68	0.53
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.023	0.033	0.026
Riboflavin	mg	0.226	0.328	0.255
Niacin	mg	0.144	0.209	0.163
Vitamin B-6	mg	0.016	0.023	0.018
Folate, DFE	µg	9	13	10
Vitamin B-12	µg	0.46	0.67	0.52
Vitamin A, RAE	µg	2	3	2
Vitamin A, IU	IU	8	12	9
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01

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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	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.169	0.245	0.191
Fatty acids, total monounsaturated	g	0.079	0.115	0.089
Fatty acids, total polyunsaturated	g	0.003	0.004	0.003
Cholesterol	mg	7	10	8
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0