

**Full Report (All Nutrients) 01014, Cheese, cottage, nonfat, uncreamed, dry, large or small curd**

Report Date: November 23, 2017 10:07 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (not packed) 145g	4.0 oz 113g
<b>Proximates</b>						
Water <a href="#">1</a>	g	81.01	3	0.592	117.46	91.54
Energy	kcal	72	--	--	104	81
Energy	kJ	303	--	--	439	342
Protein <a href="#">1</a>	g	10.34	3	0.603	14.99	11.68
Total lipid (fat) <a href="#">1</a>	g	0.29	3	0.063	0.42	0.33
Ash <a href="#">1</a>	g	1.71	3	0.127	2.48	1.93
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
Sucrose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00
Glucose (dextrose) <a href="#">1</a>	g	0.29	3	0.033	0.42	0.33
Fructose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00
Lactose <a href="#">1</a>	g	1.56	3	0.420	2.26	1.76
Maltose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	86	2	--	125	97
Iron, Fe <a href="#">1</a>	mg	0.15	3	0.000	0.22	0.17
Magnesium, Mg <a href="#">1</a>	mg	11	3	0.667	16	12
Phosphorus, P <a href="#">1</a>	mg	190	3	26.458	276	215
Potassium, K <a href="#">1</a>	mg	137	3	6.667	199	155
Sodium, Na	mg	372	--	--	539	420
Zinc, Zn <a href="#">1</a>	mg	0.47	3	0.035	0.68	0.53

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Copper, Cu <a href="#">1</a>	mg	0.030	3	0.000	0.043	0.034
Manganese, Mn <a href="#">1</a>	mg	0.022	3	0.014	0.032	0.025
Selenium, Se <a href="#">1</a>	µg	9.4	3	1.325	13.6	10.6
Fluoride, F <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	31.6	21	9.411	45.8	35.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.023	3	0.004	0.033	0.026
Riboflavin <a href="#">1</a>	mg	0.226	3	0.004	0.328	0.255
Niacin <a href="#">1</a>	mg	0.144	3	0.013	0.209	0.163
Pantothenic acid <a href="#">1</a>	mg	0.446	3	0.023	0.647	0.504
Vitamin B-6 <a href="#">1</a>	mg	0.016	3	0.000	0.023	0.018
Folate, total <a href="#">1</a>	µg	9	3	1.491	13	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	3	1.491	13	10
Folate, DFE	µg	9	--	--	13	10
Choline, total <a href="#">5</a>	mg	17.9	--	--	26.0	20.2
Betaine <a href="#">5</a>	mg	0.9	1	--	1.3	1.0
Vitamin B-12 <a href="#">1</a>	µg	0.46	3	0.072	0.67	0.52
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	3	2
Retinol	µg	2	--	--	3	2
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	8	--	--	12	9
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.01	3	0.000	0.01	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.01	3	0.007	0.01	0.01
Tocopherol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0

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Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	3	0.000	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.169	--	--	0.245	0.191
4:0	g	0.007	--	--	0.010	0.008
6:0	g	0.002	--	--	0.003	0.002
8:0	g	0.005	7	0.001	0.007	0.006
10:0	g	0.009	7	0.001	0.013	0.010
12:0	g	0.006	7	0.001	0.009	0.007
14:0 <a href="#">1</a>	g	0.020	3	0.000	0.029	0.023
15:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
16:0 <a href="#">1</a>	g	0.070	3	0.000	0.102	0.079
17:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
18:0 <a href="#">1</a>	g	0.050	3	0.006	0.072	0.057
20:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
22:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
24:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.079	--	--	0.115	0.089
16:1 undifferentiated	g	0.012	7	0.002	0.017	0.014
17:1 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
18:1 undifferentiated <a href="#">1</a>	g	0.067	3	0.003	0.097	0.076
20:1 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
22:1 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
24:1 c <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.003	--	--	0.004	0.003
18:2 undifferentiated <a href="#">1</a>	g	0.003	3	0.003	0.004	0.003
18:3 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
18:4 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000

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21:5 <sup>1</sup>	g	0.000	3	0.000	0.000	0.000
22:4 <sup>1</sup>	g	0.000	3	0.000	0.000	0.000
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	3	0.000	0.000	0.000
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	3	0.000	0.000	0.000
Cholesterol <sup>1</sup>	mg	7	3	0.285	10	8
<b>Amino Acids</b>						
Tryptophan	g	0.137	--	--	0.199	0.155
Threonine	g	0.465	--	--	0.674	0.525
Isoleucine	g	0.549	--	--	0.796	0.620
Leucine	g	1.037	--	--	1.504	1.172
Lysine	g	0.868	--	--	1.259	0.981
Methionine	g	0.250	--	--	0.362	0.282
Cystine	g	0.061	--	--	0.088	0.069
Phenylalanine	g	0.536	--	--	0.777	0.606
Tyrosine	g	0.561	--	--	0.813	0.634
Valine	g	0.695	--	--	1.008	0.785
Arginine	g	0.462	--	--	0.670	0.522
Histidine	g	0.303	--	--	0.439	0.342
Alanine	g	0.357	--	--	0.518	0.403
Aspartic acid	g	0.841	--	--	1.219	0.950
Glutamic acid	g	2.419	--	--	3.508	2.733
Glycine	g	0.206	--	--	0.299	0.233
Proline	g	1.142	--	--	1.656	1.290
Serine	g	0.594	--	--	0.861	0.671
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD  
<sup>2</sup>Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301  
<sup>3</sup>J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988  
<sup>4</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision  
<sup>5</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD