

## Basic Report 01015, Cheese, cottage, lowfat, 2% milkfat

Report Date: November 23, 2017 22:46 EST

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	81.24	91.80	183.60
Energy	kcal	81	92	183
Protein	g	10.45	11.81	23.62
Total lipid (fat)	g	2.27	2.57	5.13
Carbohydrate, by difference	g	4.76	5.38	10.76
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	4.00	4.52	9.04
<b>Minerals</b>				
Calcium, Ca	mg	111	125	251
Iron, Fe	mg	0.13	0.15	0.29
Magnesium, Mg	mg	9	10	20
Phosphorus, P	mg	150	170	339
Potassium, K	mg	125	141	282
Sodium, Na	mg	308	348	696
Zinc, Zn	mg	0.51	0.58	1.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.023	0.045
Riboflavin	mg	0.251	0.284	0.567
Niacin	mg	0.103	0.116	0.233
Vitamin B-6	mg	0.057	0.064	0.129
Folate, DFE	µg	8	9	18
Vitamin B-12	µg	0.47	0.53	1.06
Vitamin A, RAE	µg	68	77	154
Vitamin A, IU	IU	225	254	508
Vitamin E (alpha-tocopherol)	mg	0.08	0.09	0.18

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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	1.235	1.396	2.791
Fatty acids, total monounsaturated	g	0.516	0.583	1.166
Fatty acids, total polyunsaturated	g	0.083	0.094	0.188
Fatty acids, total trans	g	0.067	0.076	0.151
Cholesterol	mg	12	14	27
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0