

Full Report (All Nutrients) 01015, Cheese, cottage, lowfat, 2% milkfat

Report Date: June 24, 2017 04:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Proximates						
Water 1	g	81.24	15	0.128	91.80	183.60
Energy	kcal	81	--	--	92	183
Energy	kJ	340	--	--	384	768
Protein 1	g	10.45	15	0.291	11.81	23.62
Total lipid (fat) 1	g	2.27	15	0.052	2.57	5.13
Ash 1	g	1.27	15	0.026	1.44	2.87
Carbohydrate, by difference	g	4.76	--	--	5.38	10.76
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total 1	g	4.00	2	--	4.52	9.04
Sucrose 1	g	0.00	2	--	0.00	0.00
Glucose (dextrose) 1	g	0.00	2	--	0.00	0.00
Fructose 1	g	0.00	2	--	0.00	0.00
Lactose 1	g	3.87	2	--	4.37	8.75
Maltose 1	g	0.00	2	--	0.00	0.00
Galactose 1	g	0.12	2	--	0.14	0.27
Minerals						
Calcium, Ca 1	mg	111	15	6.589	125	251
Iron, Fe 1	mg	0.13	15	0.008	0.15	0.29
Magnesium, Mg 1	mg	9	15	0.242	10	20
Phosphorus, P 1	mg	150	15	3.455	170	339
Potassium, K 1	mg	125	15	5.396	141	282
Sodium, Na 1	mg	308	15	4.229	348	696
Zinc, Zn 1	mg	0.51	15	0.023	0.58	1.15

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Copper, Cu 1	mg	0.033	15	0.003	0.037	0.075
Manganese, Mn 1	mg	0.015	15	0.000	0.017	0.034
Selenium, Se 1	µg	11.9	8	0.105	13.4	26.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin 1	mg	0.020	8	0.000	0.023	0.045
Riboflavin 1	mg	0.251	8	0.001	0.284	0.567
Niacin 1	mg	0.103	8	0.000	0.116	0.233
Pantothenic acid 1	mg	0.524	5	0.000	0.592	1.184
Vitamin B-6 1	mg	0.057	8	0.000	0.064	0.129
Folate, total 1	µg	8	2	--	9	18
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	2	--	9	18
Folate, DFE	µg	8	--	--	9	18
Choline, total 2	mg	16.3	--	--	18.4	36.8
Betaine 2	mg	0.6	1	--	0.7	1.4
Vitamin B-12 1	µg	0.47	8	0.027	0.53	1.06
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	68	--	--	77	154
Retinol 1	µg	68	2	--	77	154
Carotene, beta	µg	6	--	--	7	14
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	225	--	--	254	508
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.08	2	--	0.09	0.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1	mg	0.00	2	--	0.00	0.00
Tocopherol, gamma 1	mg	0.00	2	--	0.00	0.00
Tocopherol, delta 1	mg	0.00	2	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Vitamin K (phylloquinone) 3	µg	0.0	3	0.000	0.0	0.0
Lipids						
Fatty acids, total saturated	g	1.235	--	--	1.396	2.791
4:0 1	g	0.040	15	0.001	0.045	0.090
6:0 1	g	0.034	15	0.001	0.038	0.077
8:0 1	g	0.027	15	0.000	0.031	0.061
10:0 1	g	0.060	15	0.001	0.068	0.136
12:0 1	g	0.061	15	0.001	0.069	0.138
14:0 1	g	0.199	15	0.003	0.225	0.450
15:0 1	g	0.021	15	0.000	0.024	0.047
16:0 1	g	0.561	15	0.008	0.634	1.268
17:0 1	g	0.010	15	0.000	0.011	0.023
18:0 1	g	0.218	15	0.005	0.246	0.493
20:0 1	g	0.003	15	0.000	0.003	0.007
22:0 1	g	0.001	15	0.000	0.001	0.002
24:0 1	g	0.000	15	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.516	--	--	0.583	1.166
14:1 1	g	0.020	15	0.000	0.023	0.045
15:1 1	g	0.000	15	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.030	15	0.000	0.034	0.068
16:1 c 1	g	0.025	15	0.000	0.028	0.057
16:1 t 1	g	0.005	15	0.000	0.006	0.011
17:1 1	g	0.004	15	0.000	0.005	0.009
18:1 undifferentiated 1	g	0.460	15	0.008	0.520	1.040
18:1 c 1	g	0.410	15	0.007	0.463	0.927
18:1 t 1	g	0.050	15	0.001	0.057	0.113
20:1 1	g	0.003	15	0.000	0.003	0.007
22:1 undifferentiated 1	g	0.000	15	0.000	0.000	0.000
22:1 c 1	g	0.000	15	0.000	0.000	0.000
22:1 t 1	g	0.000	15	0.000	0.000	0.000
24:1 c 1	g	0.000	15	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.083	--	--	0.094	0.188

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
18:2 undifferentiated 1	g	0.070	15	0.002	0.079	0.158
18:2 n-6 c,c 1	g	0.047	15	0.002	0.053	0.106
18:2 CLAs 1	g	0.009	15	0.000	0.010	0.020
18:2 t not further defined 1	g	0.013	15	0.000	0.015	0.029
18:3 undifferentiated 1	g	0.007	15	0.000	0.008	0.016
18:3 n-3 c,c,c (ALA) 1	g	0.007	15	0.000	0.008	0.016
18:3 n-6 c,c,c 1	g	0.000	15	0.000	0.000	0.000
18:3i 1	g	0.000	15	0.000	0.000	0.000
18:4 1	g	0.000	15	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	15	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.002	15	0.000	0.002	0.005
20:3 n-6 1	g	0.002	15	0.000	0.002	0.005
20:4 undifferentiated 1	g	0.003	15	0.000	0.003	0.007
20:5 n-3 (EPA) 1	g	0.001	15	0.000	0.001	0.002
22:4 1	g	0.000	15	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.001	15	0.000	0.001	0.002
22:6 n-3 (DHA) 1	g	0.000	15	0.000	0.000	0.000
Fatty acids, total trans	g	0.067	--	--	0.076	0.151
Fatty acids, total trans-monoenoic	g	0.054	--	--	0.061	0.122
Cholesterol 1	mg	12	8	0.051	14	27
Amino Acids						
Tryptophan 3	g	0.138	--	--	0.156	0.312
Threonine 3	g	0.470	--	--	0.531	1.062
Isoleucine 3	g	0.556	--	--	0.628	1.257
Leucine 3	g	1.049	--	--	1.185	2.371
Lysine 3	g	0.878	--	--	0.992	1.984
Methionine 3	g	0.253	--	--	0.286	0.572
Cystine 3	g	0.062	--	--	0.070	0.140
Phenylalanine 3	g	0.543	--	--	0.614	1.227
Tyrosine 3	g	0.568	--	--	0.642	1.284
Valine 3	g	0.703	--	--	0.794	1.589
Arginine 3	g	0.467	--	--	0.528	1.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Histidine ³	g	0.306	--	--	0.346	0.692
Alanine ³	g	0.409	--	--	0.462	0.924
Aspartic acid ³	g	0.963	--	--	1.088	2.176
Glutamic acid ³	g	2.446	--	--	2.764	5.528
Glycine ³	g	0.209	--	--	0.236	0.472
Proline ³	g	1.155	--	--	1.305	2.610
Serine ³	g	0.601	--	--	0.679	1.358
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD