

## Basic Report 01185, Parmesan cheese topping, fat free

Report Date: February 20, 2018 10:22 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 5g
<b>Proximates</b>			
Water	g	8.60	0.43
Energy	kcal	370	18
Protein	g	40.00	2.00
Total lipid (fat)	g	5.00	0.25
Carbohydrate, by difference	g	40.00	2.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.50	0.07
<b>Minerals</b>			
Calcium, Ca	mg	800	40
Iron, Fe	mg	5.00	0.25
Magnesium, Mg	mg	40	2
Phosphorus, P	mg	700	35
Potassium, K	mg	600	30
Sodium, Na	mg	1150	58
Zinc, Zn	mg	3.00	0.15
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.050	0.003
Riboflavin	mg	0.050	0.003
Niacin	mg	0.200	0.010
Vitamin B-6	mg	0.100	0.005
Folate, DFE	µg	25	1
Vitamin B-12	µg	1.10	0.06
Vitamin A, RAE	µg	40	2
Vitamin A, IU	IU	151	8
Vitamin E (alpha-tocopherol)	mg	0.04	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tablespoon 5g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.4	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	3.110	0.155
Fatty acids, total monounsaturated	g	1.446	0.072
Fatty acids, total polyunsaturated	g	0.186	0.009
Cholesterol	mg	20	1
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0