

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

Report Date: June 28, 2017 06:34 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 tablespoon<br>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               |

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|------------------------------------|-------------|---------------------------------|----------------------------|
| 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                          |