

## Basic Report 01186, Cheese, cream, fat free

Report Date: June 22, 2017 18:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 18g
<b>Proximates</b>			
Water	g	71.87	12.94
Energy	kcal	105	19
Protein	g	15.69	2.82
Total lipid (fat)	g	1.00	0.18
Carbohydrate, by difference	g	7.66	1.38
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	5.48	0.99
<b>Minerals</b>			
Calcium, Ca	mg	351	63
Iron, Fe	mg	0.19	0.03
Magnesium, Mg	mg	22	4
Phosphorus, P	mg	523	94
Potassium, K	mg	278	50
Sodium, Na	mg	702	126
Zinc, Zn	mg	1.50	0.27
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.040	0.007
Riboflavin	mg	0.265	0.048
Niacin	mg	0.230	0.041
Vitamin B-6	mg	0.050	0.009
Folate, DFE	µg	35	6
Vitamin B-12	µg	0.95	0.17
Vitamin A, RAE	µg	11	2
Vitamin A, IU	IU	53	10
Vitamin E (alpha-tocopherol)	mg	0.02	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 18g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.644	0.116
Fatty acids, total monounsaturated	g	0.250	0.045
Fatty acids, total polyunsaturated	g	0.057	0.010
Cholesterol	mg	12	2
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0