

Basic Report 01186, Cheese, cream, fat free

Report Date: August 21, 2017 04:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 18g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 tbsp 18g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0