

Basic Report 01186, Cheese, cream, fat free

Report Date: August 25, 2019 01:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.2835 Value Per28.35 g	1 tbsp 18g
Proximates			
Water	g	20.38	12.94
Energy	kcal	30	19
Protein	g	4.45	2.82
Total lipid (fat)	g	0.28	0.18
Carbohydrate, by difference	g	2.17	1.38
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.55	0.99
Minerals			
Calcium, Ca	mg	100	63
Iron, Fe	mg	0.05	0.03
Magnesium, Mg	mg	6	4
Phosphorus, P	mg	148	94
Potassium, K	mg	79	50
Sodium, Na	mg	199	126
Zinc, Zn	mg	0.43	0.27
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.011	0.007
Riboflavin	mg	0.075	0.048
Niacin	mg	0.065	0.041
Vitamin B-6	mg	0.014	0.009
Folate, DFE	µg	10	6
Vitamin B-12	µg	0.27	0.17
Vitamin A, RAE	µg	3	2
Vitamin A, IU	IU	15	10

Nutrient	Unit	.2835 Value Per28.35 g	1 tbsp 18g
Vitamin E (alpha-tocopherol)	mg	0.01	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.0
Lipids			
Fatty acids, total saturated	g	0.183	0.116
Fatty acids, total monounsaturated	g	0.071	0.045
Fatty acids, total polyunsaturated	g	0.016	0.010
Cholesterol	mg	3	2
Amino Acids			
Other			
Caffeine	mg	0	0