

## Basic Report 01016, Cheese, cottage, lowfat, 1% milkfat

Report Date: February 18, 2018 05:31 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 cup (not packed) 226g
<b>Proximates</b>				
Water	g	82.48	93.20	186.40
Energy	kcal	72	81	163
Protein	g	12.39	14.00	28.00
Total lipid (fat)	g	1.02	1.15	2.31
Carbohydrate, by difference	g	2.72	3.07	6.15
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.72	3.07	6.15
<b>Minerals</b>				
Calcium, Ca	mg	61	69	138
Iron, Fe	mg	0.14	0.16	0.32
Magnesium, Mg	mg	5	6	11
Phosphorus, P	mg	134	151	303
Potassium, K	mg	86	97	194
Sodium, Na	mg	406	459	918
Zinc, Zn	mg	0.38	0.43	0.86
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.021	0.024	0.047
Riboflavin	mg	0.165	0.186	0.373
Niacin	mg	0.128	0.145	0.289
Vitamin B-6	mg	0.068	0.077	0.154
Folate, DFE	µg	12	14	27
Vitamin B-12	µg	0.63	0.71	1.42
Vitamin A, RAE	µg	11	12	25
Vitamin A, IU	IU	41	46	93
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.645	0.729	1.458
Fatty acids, total monounsaturated	g	0.291	0.329	0.658
Fatty acids, total polyunsaturated	g	0.031	0.035	0.070
Cholesterol	mg	4	5	9
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0