

## Basic Report 01199, Cream, half and half, fat free

Report Date: July 25, 2017 18:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 29g	1 pint 484g
<b>Proximates</b>				
Water	g	86.00	24.94	416.24
Energy	kcal	59	17	286
Protein	g	2.60	0.75	12.58
Total lipid (fat)	g	1.40	0.41	6.78
Carbohydrate, by difference	g	9.00	2.61	43.56
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.00	1.45	24.20
<b>Minerals</b>				
Calcium, Ca	mg	96	28	465
Iron, Fe	mg	0.00	0.00	0.00
Magnesium, Mg	mg	16	5	77
Phosphorus, P	mg	151	44	731
Potassium, K	mg	206	60	997
Sodium, Na	mg	100	29	484
Zinc, Zn	mg	0.81	0.23	3.92
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.7	0.2	3.4
Thiamin	mg	0.056	0.016	0.271
Riboflavin	mg	0.237	0.069	1.147
Niacin	mg	0.124	0.036	0.600
Vitamin B-6	mg	0.062	0.018	0.300
Folate, DFE	µg	4	1	19
Vitamin B-12	µg	0.52	0.15	2.52
Vitamin A, RAE	µg	12	3	58
Vitamin A, IU	IU	43	12	208
Vitamin E (alpha-tocopherol)	mg	0.04	0.01	0.19

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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	0.2	0.1	1.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.841	0.244	4.070
Fatty acids, total monounsaturated	g	0.384	0.111	1.859
Fatty acids, total polyunsaturated	g	0.052	0.015	0.252
Cholesterol	mg	5	1	24
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0