

## Full Report (All Nutrients) 01054, Cream, whipped, cream topping, pressurized

Report Date: September 17, 2019 06:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g	1 tbsp 3g
<b>Proximates</b>						
Water	g	61.33	3	1.670	36.80	1.84
Energy	kcal	257	--	--	154	8
Energy	kJ	1077	--	--	646	32
Protein	g	3.20	3	0.450	1.92	0.10
Total lipid (fat)	g	22.22	3	1.930	13.33	0.67
Ash	g	0.76	3	0.130	0.46	0.02
Carbohydrate, by difference	g	12.49	--	--	7.49	0.37
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	8.00	--	--	4.80	0.24
<b>Minerals</b>						
Calcium, Ca	mg	101	3	10.000	61	3
Iron, Fe	mg	0.05	--	--	0.03	0.00
Magnesium, Mg	mg	11	--	--	7	0
Phosphorus, P	mg	89	3	15.000	53	3
Potassium, K	mg	147	--	--	88	4
Sodium, Na	mg	8	--	--	5	0
Zinc, Zn	mg	0.37	--	--	0.22	0.01
Copper, Cu	mg	0.010	--	--	0.006	0.000
Manganese, Mn	mg	0.001	--	--	0.001	0.000
Selenium, Se	µg	1.4	--	--	0.8	0.0
Fluoride, F <sup>1</sup>	µg	3.0	9	--	1.8	0.1

### Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g	1 tbsp 3g
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0
Thiamin	mg	0.037	--	--	0.022	0.001
Riboflavin	mg	0.065	2	--	0.039	0.002
Niacin	mg	0.070	--	--	0.042	0.002
Pantothenic acid	mg	0.305	--	--	0.183	0.009
Vitamin B-6	mg	0.041	--	--	0.025	0.001
Folate, total	µg	3	--	--	2	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	2	0
Folate, DFE	µg	3	--	--	2	0
Choline, total	mg	16.8	--	--	10.1	0.5
Vitamin B-12	µg	0.29	--	--	0.17	0.01
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	188	--	--	113	6
Retinol	µg	184	--	--	110	6
Carotene, beta	µg	43	--	--	26	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	685	--	--	411	21
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.64	--	--	0.38	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.2	0.0
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.2	0.0
Vitamin D	IU	16	--	--	10	0
Vitamin K (phylloquinone)	µg	1.9	--	--	1.1	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	13.831	--	--	8.299	0.415
4:0	g	0.721	--	--	0.433	0.022
6:0	g	0.427	--	--	0.256	0.013
8:0	g	0.248	--	--	0.149	0.007
10:0	g	0.557	--	--	0.334	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g	1 tbsp 3g
12:0	g	0.624	--	--	0.374	0.019
14:0	g	2.235	--	--	1.341	0.067
16:0	g	5.844	--	--	3.506	0.175
18:0	g	2.693	--	--	1.616	0.081
Fatty acids, total monounsaturated	g	6.418	--	--	3.851	0.193
16:1 undifferentiated	g	0.498	--	--	0.299	0.015
18:1 undifferentiated	g	5.590	--	--	3.354	0.168
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.825	--	--	0.495	0.025
18:2 undifferentiated	g	0.502	--	--	0.301	0.015
18:3 undifferentiated	g	0.323	--	--	0.194	0.010
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	76	--	--	46	2
<b>Amino Acids</b>						
Tryptophan	g	0.045	--	--	0.027	0.001
Threonine	g	0.144	--	--	0.086	0.004
Isoleucine	g	0.194	--	--	0.116	0.006
Leucine	g	0.313	--	--	0.188	0.009
Lysine	g	0.254	--	--	0.152	0.008
Methionine	g	0.080	--	--	0.048	0.002
Cystine	g	0.030	--	--	0.018	0.001
Phenylalanine	g	0.154	--	--	0.092	0.005
Tyrosine	g	0.154	--	--	0.092	0.005
Valine	g	0.214	--	--	0.128	0.006
Arginine	g	0.116	--	--	0.070	0.003
Histidine	g	0.087	--	--	0.052	0.003
Alanine	g	0.110	--	--	0.066	0.003
Aspartic acid	g	0.243	--	--	0.146	0.007

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g	1 tbsp 3g
Glutamic acid	g	0.670	--	--	0.402	0.020
Glycine	g	0.068	--	--	0.041	0.002
Proline	g	0.310	--	--	0.186	0.009
Serine	g	0.174	--	--	0.104	0.005
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision