

Statistics Report 01199, Cream, half and half, fat free

Report Date: July 24, 2019 00:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	86.00	1	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Energy	kcal	59	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	247	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	2.60	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Total lipid (fat)	g	1.40	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Ash	g	1.00	1	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carbohydrate, by difference	g	9.00	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Fiber, total dietary	g	0.0	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	5.00	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Starch	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	96	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Iron, Fe	mg	0.00	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Magnesium, Mg	mg	16	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Phosphorus, P	mg	151	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Potassium, K	mg	206	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Sodium, Na	mg	100	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2011
Zinc, Zn	mg	0.81	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Copper, Cu	mg	0.016	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Manganese, Mn	mg	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Selenium, Se	µg	2.9	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Fluoride, F ¹	µg	3.0	9	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.7	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Thiamin	mg	0.056	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Riboflavin	mg	0.237	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Niacin	mg	0.124	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Pantothenic acid	mg	0.459	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Vitamin B-6	mg	0.062	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Folate, total	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Folate, DFE	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total 2	mg	15.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 2	mg	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.52	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	12	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	43	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Lipids													
Fatty acids, total saturated	g	0.841	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.045	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
6:0	g	0.027	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
8:0	g	0.016	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
10:0	g	0.035	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
12:0	g	0.039	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
14:0	g	0.141	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
16:0	g	0.368	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.170	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Fatty acids, total monounsaturated	g	0.384	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
16:1 undifferentiated	g	0.031	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
18:1 undifferentiated	g	0.352	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Fatty acids, total polyunsaturated	g	0.052	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.032	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
18:3 undifferentiated	g	0.020	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	01049	02/2003
Cholesterol	mg	5	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003
Other													
Alcohol, ethyl	g	0.0	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

²Nutrient Data Laboratory, ARS, USDA **Choline Study, Local pickup UNC, NFNAP**, 2003 Beltsville MD