

Basic Report 01036, Cheese, ricotta, whole milk

Report Date: May 28, 2017 20:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 124g	1 cup 246g
Proximates				
Water	g	71.70	88.91	176.38
Energy	kcal	174	216	428
Protein	g	11.26	13.96	27.70
Total lipid (fat)	g	12.98	16.10	31.93
Carbohydrate, by difference	g	3.04	3.77	7.48
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.27	0.33	0.66
Minerals				
Calcium, Ca	mg	207	257	509
Iron, Fe	mg	0.38	0.47	0.93
Magnesium, Mg	mg	11	14	27
Phosphorus, P	mg	158	196	389
Potassium, K	mg	105	130	258
Sodium, Na	mg	84	104	207
Zinc, Zn	mg	1.16	1.44	2.85
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.013	0.016	0.032
Riboflavin	mg	0.195	0.242	0.480
Niacin	mg	0.104	0.129	0.256
Vitamin B-6	mg	0.043	0.053	0.106
Folate, DFE	µg	12	15	30
Vitamin B-12	µg	0.34	0.42	0.84
Vitamin A, RAE	µg	120	149	295
Vitamin A, IU	IU	445	552	1095
Vitamin E (alpha-tocopherol)	mg	0.11	0.14	0.27

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.5
Vitamin D	IU	10	12	25
Vitamin K (phylloquinone)	µg	1.1	1.4	2.7
Lipids				
Fatty acids, total saturated	g	8.295	10.286	20.406
Fatty acids, total monounsaturated	g	3.627	4.497	8.922
Fatty acids, total polyunsaturated	g	0.385	0.477	0.947
Cholesterol	mg	51	63	125
Amino Acids				
Other				
Caffeine	mg	0	0	0