

Full Report (All Nutrients) 01036, Cheese, ricotta, whole milk

Report Date: February 21, 2018 21:57 EST

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	0.5 cup 124g	1 cup 246g
Proximates						
Water	g	71.70	9	1.224	88.91	176.38
Energy	kcal	174	--	--	216	428
Energy	kJ	728	--	--	903	1791
Protein	g	11.26	9	0.630	13.96	27.70
Total lipid (fat)	g	12.98	9	0.761	16.10	31.93
Ash	g	1.02	6	0.124	1.26	2.51
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	4	37.765	257	509
Iron, Fe	mg	0.38	--	--	0.47	0.93
Magnesium, Mg	mg	11	4	0.901	14	27
Phosphorus, P	mg	158	4	27.395	196	389
Potassium, K	mg	105	4	12.944	130	258
Sodium, Na	mg	84	4	29.332	104	207
Zinc, Zn	mg	1.16	--	--	1.44	2.85
Copper, Cu	mg	0.021	--	--	0.026	0.052
Manganese, Mn	mg	0.006	--	--	0.007	0.015
Selenium, Se	µg	14.5	--	--	18.0	35.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 cup 246g
Thiamin	mg	0.013	4	0.002	0.016	0.032
Riboflavin	mg	0.195	4	0.017	0.242	0.480
Niacin	mg	0.104	4	0.020	0.129	0.256
Pantothenic acid	mg	0.213	--	--	0.264	0.524
Vitamin B-6	mg	0.043	4	0.019	0.053	0.106
Folate, total	µg	12	--	--	15	30
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	15	30
Folate, DFE	µg	12	--	--	15	30
Choline, total	mg	17.5	--	--	21.7	43.0
Vitamin B-12	µg	0.34	4	0.061	0.42	0.84
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	120	--	--	149	295
Retinol	µg	117	--	--	145	288
Carotene, beta	µg	33	--	--	41	81
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	445	--	--	552	1095
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.14	0.27
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.2	0.5
Vitamin D3 (cholecalciferol)	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
4:0	g	0.574	4	0.200	0.712	1.412
6:0	g	0.093	4	0.008	0.115	0.229
8:0	g	0.119	4	0.008	0.148	0.293
10:0	g	0.229	4	0.020	0.284	0.563
12:0	g	0.158	4	0.020	0.196	0.389

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 cup 246g
14:0	g	1.364	4	0.090	1.691	3.355
16:0	g	4.057	4	0.274	5.031	9.980
18:0	g	1.281	4	0.104	1.588	3.151
Fatty acids, total monounsaturated	g	3.627	--	--	4.497	8.922
16:1 undifferentiated	g	0.532	4	0.077	0.660	1.309
18:1 undifferentiated	g	2.872	4	0.225	3.561	7.065
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.385	--	--	0.477	0.947
18:2 undifferentiated	g	0.273	4	0.038	0.339	0.672
18:3 undifferentiated	g	0.112	4	0.022	0.139	0.276
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	51	--	--	63	125
Amino Acids						
Tryptophan	g	0.125	--	--	0.155	0.307
Threonine	g	0.517	--	--	0.641	1.272
Isoleucine	g	0.589	--	--	0.730	1.449
Leucine	g	1.221	--	--	1.514	3.004
Lysine	g	1.338	--	--	1.659	3.291
Methionine	g	0.281	--	--	0.348	0.691
Cystine	g	0.099	--	--	0.123	0.244
Phenylalanine	g	0.556	--	--	0.689	1.368
Tyrosine	g	0.589	--	--	0.730	1.449
Valine	g	0.692	--	--	0.858	1.702
Arginine	g	0.632	--	--	0.784	1.555
Histidine	g	0.459	--	--	0.569	1.129
Alanine	g	0.499	--	--	0.619	1.228
Aspartic acid	g	0.995	--	--	1.234	2.448
Glutamic acid	g	2.446	--	--	3.033	6.017

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Glycine	g	0.295	--	--	0.366	0.726
Proline	g	1.066	--	--	1.322	2.622
Serine	g	0.575	--	--	0.713	1.414
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0