

Basic Report 01050, Cream, fluid, light (coffee cream or table cream)

Report Date: September 24, 2017 19:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30g	1 tbsp 15g	1 cup 240g	1 container, individual 11.1g
Proximates						
Water	g	74.51	22.35	11.18	178.82	8.27
Energy	kcal	191	57	29	458	21
Protein	g	2.96	0.89	0.44	7.10	0.33
Total lipid (fat)	g	19.10	5.73	2.87	45.84	2.12
Carbohydrate, by difference	g	2.82	0.85	0.42	6.77	0.31
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	3.67	1.10	0.55	8.81	0.41
Minerals						
Calcium, Ca	mg	91	27	14	218	10
Iron, Fe	mg	0.05	0.01	0.01	0.12	0.01
Magnesium, Mg	mg	9	3	1	22	1
Phosphorus, P	mg	92	28	14	221	10
Potassium, K	mg	136	41	20	326	15
Sodium, Na	mg	72	22	11	173	8
Zinc, Zn	mg	0.32	0.10	0.05	0.77	0.04
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	0.2	0.1	1.9	0.1
Thiamin	mg	0.023	0.007	0.003	0.055	0.003
Riboflavin	mg	0.190	0.057	0.029	0.456	0.021
Niacin	mg	0.090	0.027	0.013	0.216	0.010
Vitamin B-6	mg	0.044	0.013	0.007	0.106	0.005
Folate, DFE	µg	2	1	0	5	0
Vitamin B-12	µg	0.14	0.04	0.02	0.34	0.02
Vitamin A, RAE	µg	181	54	27	434	20
Vitamin A, IU	IU	656	197	98	1574	73
Vitamin E (alpha-tocopherol)	mg	0.12	0.04	0.02	0.29	0.01

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Vitamin D (D2 + D3)	µg	1.1	0.3	0.2	2.6	0.1
Vitamin D	IU	44	13	7	106	5
Vitamin K (phylloquinone)	µg	1.7	0.5	0.3	4.1	0.2
Lipids						
Fatty acids, total saturated	g	10.176	3.053	1.526	24.422	1.130
Fatty acids, total monounsaturated	g	4.525	1.357	0.679	10.860	0.502
Fatty acids, total polyunsaturated	g	0.789	0.237	0.118	1.894	0.088
Fatty acids, total trans	g	0.625	0.188	0.094	1.500	0.069
Cholesterol	mg	59	18	9	142	7
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0