

Basic Report 01052, Cream, fluid, light whipping

Report Date: August 16, 2017 15:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 239g	1 tbsp 15g
Proximates					
Water	g	63.50	76.20	151.76	9.53
Energy	kcal	292	350	698	44
Protein	g	2.17	2.60	5.19	0.33
Total lipid (fat)	g	30.91	37.09	73.87	4.64
Carbohydrate, by difference	g	2.96	3.55	7.07	0.44
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	2.96	3.55	7.07	0.44
Minerals					
Calcium, Ca	mg	69	83	165	10
Iron, Fe	mg	0.03	0.04	0.07	0.00
Magnesium, Mg	mg	7	8	17	1
Phosphorus, P	mg	61	73	146	9
Potassium, K	mg	97	116	232	15
Sodium, Na	mg	34	41	81	5
Zinc, Zn	mg	0.25	0.30	0.60	0.04
Vitamins					
Vitamin C, total ascorbic acid	mg	0.6	0.7	1.4	0.1
Thiamin	mg	0.024	0.029	0.057	0.004
Riboflavin	mg	0.125	0.150	0.299	0.019
Niacin	mg	0.042	0.050	0.100	0.006
Vitamin B-6	mg	0.028	0.034	0.067	0.004
Folate, DFE	µg	4	5	10	1
Vitamin B-12	µg	0.20	0.24	0.48	0.03
Vitamin A, RAE	µg	279	335	667	42
Vitamin A, IU	IU	1013	1216	2421	152
Vitamin E (alpha-tocopherol)	mg	0.88	1.06	2.10	0.13

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Vitamin D (D2 + D3)	µg	0.6	0.7	1.4	0.1
Vitamin D	IU	23	28	55	3
Vitamin K (phylloquinone)	µg	2.7	3.2	6.5	0.4
Lipids					
Fatty acids, total saturated	g	19.337	23.204	46.215	2.901
Fatty acids, total monounsaturated	g	9.093	10.912	21.732	1.364
Fatty acids, total polyunsaturated	g	0.884	1.061	2.113	0.133
Cholesterol	mg	111	133	265	17
Amino Acids					
Other					
Caffeine	mg	0	0	0	0