

Basic Report 01053, Cream, fluid, heavy whipping
Report Date: September 19, 2019 15:19 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) 238g	1 tbsp 15g	1 fl oz 29.8g
Proximates						
Water	g	57.71	69.25	137.35	8.66	17.20
Energy	kcal	340	408	809	51	101
Protein	g	2.84	3.41	6.76	0.43	0.85
Total lipid (fat)	g	36.08	43.30	85.87	5.41	10.75
Carbohydrate, by difference	g	2.84	3.41	6.76	0.43	0.85
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	2.92	3.50	6.95	0.44	0.87
Minerals						
Calcium, Ca	mg	66	79	157	10	20
Iron, Fe	mg	0.10	0.12	0.24	0.01	0.03
Magnesium, Mg	mg	7	8	17	1	2
Phosphorus, P	mg	58	70	138	9	17
Potassium, K	mg	95	114	226	14	28
Sodium, Na	mg	27	32	64	4	8
Zinc, Zn	mg	0.24	0.29	0.57	0.04	0.07
Vitamins						
Vitamin C, total ascorbic acid	mg	0.6	0.7	1.4	0.1	0.2
Thiamin	mg	0.020	0.024	0.048	0.003	0.006
Riboflavin	mg	0.188	0.226	0.447	0.028	0.056
Niacin	mg	0.064	0.077	0.152	0.010	0.019
Vitamin B-6	mg	0.035	0.042	0.083	0.005	0.010
Folate, DFE	µg	4	5	10	1	1
Vitamin B-12	µg	0.16	0.19	0.38	0.02	0.05
Vitamin A, RAE	µg	411	493	978	62	122
Vitamin A, IU	IU	1470	1764	3499	220	438
Vitamin E (alpha-tocopherol)	mg	0.92	1.10	2.19	0.14	0.27

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Vitamin D (D2 + D3)	µg	1.6	1.9	3.8	0.2	0.5
Vitamin D	IU	63	76	150	9	19
Vitamin K (phylloquinone)	µg	3.2	3.8	7.6	0.5	1.0
Lipids						
Fatty acids, total saturated	g	23.032	27.638	54.816	3.455	6.864
Fatty acids, total monounsaturated	g	9.101	10.921	21.660	1.365	2.712
Fatty acids, total polyunsaturated	g	1.570	1.884	3.737	0.236	0.468
Fatty acids, total trans	g	1.236	1.483	2.942	0.185	0.368
Cholesterol	mg	113	136	269	17	34
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0