

## Basic Report 01053, Cream, fluid, heavy whipping

Report Date: February 24, 2018 14:30 EST

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
<b>Proximates</b>						
Water	g	57.81	69.37	137.59	8.67	17.23
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	2.74	3.29	6.52	0.41	0.82
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
<b>Minerals</b>						
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
<b>Vitamins</b>						
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
<b>Lipids</b>						
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
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0