

Basic Report 01054, Cream, whipped, cream topping, pressurized

Report Date: September 15, 2019 20:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 60g	1 tbsp 3g
Proximates				
Water	g	61.33	36.80	1.84
Energy	kcal	257	154	8
Protein	g	3.20	1.92	0.10
Total lipid (fat)	g	22.22	13.33	0.67
Carbohydrate, by difference	g	12.49	7.49	0.37
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	8.00	4.80	0.24
Minerals				
Calcium, Ca	mg	101	61	3
Iron, Fe	mg	0.05	0.03	0.00
Magnesium, Mg	mg	11	7	0
Phosphorus, P	mg	89	53	3
Potassium, K	mg	147	88	4
Sodium, Na	mg	8	5	0
Zinc, Zn	mg	0.37	0.22	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.037	0.022	0.001
Riboflavin	mg	0.065	0.039	0.002
Niacin	mg	0.070	0.042	0.002
Vitamin B-6	mg	0.041	0.025	0.001
Folate, DFE	µg	3	2	0
Vitamin B-12	µg	0.29	0.17	0.01
Vitamin A, RAE	µg	188	113	6
Vitamin A, IU	IU	685	411	21
Vitamin E (alpha-tocopherol)	mg	0.64	0.38	0.02

Nutrient	Unit	1 Value Per100 g	1 cup 60g	1 tbsp 3g
Vitamin D (D2 + D3)	µg	0.4	0.2	0.0
Vitamin D	IU	16	10	0
Vitamin K (phylloquinone)	µg	1.9	1.1	0.1
Lipids				
Fatty acids, total saturated	g	13.831	8.299	0.415
Fatty acids, total monounsaturated	g	6.418	3.851	0.193
Fatty acids, total polyunsaturated	g	0.825	0.495	0.025
Cholesterol	mg	76	46	2
Amino Acids				
Other				
Caffeine	mg	0	0	0