

Basic Report 01067, Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Report Date: June 29, 2017 03:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container, individual 15g	1 fl oz 30g	1 cup 240g	0.5 cup 120g
Proximates						
Water	g	77.27	11.59	23.18	185.45	92.72
Energy	kcal	136	20	41	326	163
Protein	g	1.00	0.15	0.30	2.40	1.20
Total lipid (fat)	g	9.97	1.50	2.99	23.93	11.96
Carbohydrate, by difference	g	11.38	1.71	3.41	27.31	13.66
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	11.38	1.71	3.41	27.31	13.66
Minerals						
Calcium, Ca	mg	9	1	3	22	11
Iron, Fe	mg	0.03	0.00	0.01	0.07	0.04
Magnesium, Mg	mg	0	0	0	0	0
Phosphorus, P	mg	64	10	19	154	77
Potassium, K	mg	191	29	57	458	229
Sodium, Na	mg	67	10	20	161	80
Zinc, Zn	mg	0.02	0.00	0.01	0.05	0.02
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0	2	1
Vitamin A, IU	IU	15	2	4	36	18
Vitamin E (alpha-tocopherol)	mg	0.81	0.12	0.24	1.94	0.97

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.5	0.4	0.8	6.0	3.0
Lipids						
Fatty acids, total saturated	g	1.937	0.291	0.581	4.649	2.324
Fatty acids, total monounsaturated	g	7.551	1.133	2.265	18.122	9.061
Fatty acids, total polyunsaturated	g	0.027	0.004	0.008	0.065	0.032
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0