

Full Report (All Nutrients) 01069, Cream substitute, powdered

Report Date: December 11, 2017 19:50 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 94g	1 tsp 2g	1 packet 3g
Proximates							
Water 1	g	2.98	11	0.073	2.80	0.06	0.09
Energy	kcal	529	--	--	497	11	16
Energy	kJ	2215	--	--	2082	44	66
Protein 1	g	2.48	11	0.029	2.33	0.05	0.07
Total lipid (fat) 1	g	32.92	11	0.286	30.94	0.66	0.99
Ash 1	g	2.34	11	0.088	2.20	0.05	0.07
Carbohydrate, by difference	g	59.29	--	--	55.73	1.19	1.78
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total 1	g	7.77	6	0.214	7.30	0.16	0.23
Sucrose 1	g	0.00	6	0.000	0.00	0.00	0.00
Glucose (dextrose) 1	g	3.52	6	0.083	3.31	0.07	0.11
Fructose 1	g	0.57	6	0.011	0.54	0.01	0.02
Lactose 1	g	0.00	6	0.000	0.00	0.00	0.00
Maltose 1	g	3.67	6	0.128	3.45	0.07	0.11
Galactose 1	g	0.00	6	0.000	0.00	0.00	0.00
Minerals							
Calcium, Ca 1	mg	2	11	0.441	2	0	0
Iron, Fe 1	mg	0.26	11	0.026	0.24	0.01	0.01
Magnesium, Mg 1	mg	1	12	0.157	1	0	0
Phosphorus, P 1	mg	288	11	11.966	271	6	9
Potassium, K 1	mg	669	11	31.864	629	13	20
Sodium, Na 1	mg	124	12	8.494	117	2	4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 94g	1 tsp 2g	1 packet 3g
Zinc, Zn 1	mg	0.07	12	0.006	0.07	0.00	0.00
Copper, Cu 1	mg	0.018	12	0.000	0.017	0.000	0.001
Manganese, Mn 1	mg	0.011	12	0.000	0.010	0.000	0.000
Selenium, Se 1	µg	0.0	4	0.000	0.0	0.0	0.0
Fluoride, F 2	µg	112.0	9	--	105.3	2.2	3.4
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin 1	mg	0.000	4	0.000	0.000	0.000	0.000
Riboflavin 1	mg	0.000	4	0.000	0.000	0.000	0.000
Niacin 1	mg	0.000	4	0.000	0.000	0.000	0.000
Pantothenic acid 1	mg	0.117	4	0.004	0.110	0.002	0.004
Vitamin B-6 1	mg	0.000	4	0.000	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total 3	mg	2.3	3	0.233	2.2	0.0	0.1
Betaine 3	mg	0.1	3	0.012	0.1	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 1	mg	1.26	4	0.123	1.18	0.03	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.16	4	0.051	0.15	0.00	0.00
Tocopherol, gamma 1	mg	10.29	4	1.307	9.67	0.21	0.31
Tocopherol, delta 1	mg	3.55	4	0.684	3.34	0.07	0.11

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 94g	1 tsp 2g	1 packet 3g
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 1	µg	1.7	2	--	1.6	0.0	0.1
Lipids							
Fatty acids, total saturated	g	19.146	--	--	17.997	0.383	0.574
4:0 1	g	0.006	11	0.000	0.006	0.000	0.000
6:0 1	g	0.094	11	0.022	0.088	0.002	0.003
8:0 1	g	1.118	11	0.255	1.051	0.022	0.034
10:0 1	g	0.879	11	0.200	0.826	0.018	0.026
12:0 1	g	6.764	11	1.557	6.358	0.135	0.203
14:0 1	g	2.666	11	0.614	2.506	0.053	0.080
15:0 1	g	0.007	11	0.000	0.007	0.000	0.000
16:0 1	g	3.146	11	0.050	2.957	0.063	0.094
17:0 1	g	0.020	11	0.003	0.019	0.000	0.001
18:0 1	g	4.290	11	0.091	4.033	0.086	0.129
20:0 1	g	0.081	11	0.009	0.076	0.002	0.002
22:0 1	g	0.052	11	0.011	0.049	0.001	0.002
24:0 1	g	0.022	11	0.003	0.021	0.000	0.001
Fatty acids, total monounsaturated	g	9.796	--	--	9.208	0.196	0.294
14:1 1	g	0.000	11	0.000	0.000	0.000	0.000
15:1 1	g	0.000	11	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.006	11	0.002	0.006	0.000	0.000
16:1 c 1	g	0.004	11	0.001	0.004	0.000	0.000
16:1 t 1	g	0.002	11	0.001	0.002	0.000	0.000
17:1 1	g	0.003	11	0.001	0.003	0.000	0.000
18:1 undifferentiated 1	g	9.768	11	2.403	9.182	0.195	0.293
18:1 c 1	g	4.411	11	1.065	4.146	0.088	0.132
18:1 t 1	g	5.357	11	1.339	5.036	0.107	0.161
20:1 1	g	0.019	11	0.005	0.018	0.000	0.001
22:1 undifferentiated 1	g	0.000	11	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	11	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	11	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 94g	1 tsp 2g	1 packet 3g
24:1 c 1	g	0.000	11	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.408	--	--	0.384	0.008	0.012
18:2 undifferentiated 1	g	0.382	11	0.087	0.359	0.008	0.011
18:2 n-6 c,c 1	g	0.200	11	0.043	0.188	0.004	0.006
18:2 CLAs 1	g	0.003	11	0.001	0.003	0.000	0.000
18:2 t not further defined 1	g	0.179	11	0.045	0.168	0.004	0.005
18:3 undifferentiated 1	g	0.026	11	0.007	0.024	0.001	0.001
18:3 n-3 c,c,c (ALA) 1	g	0.019	11	0.005	0.018	0.000	0.001
18:3 n-6 c,c,c 1	g	0.005	11	0.001	0.005	0.000	0.000
18:3i 1	g	0.003	11	0.001	0.003	0.000	0.000
18:4 1	g	0.000	11	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	11	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	11	0.000	0.000	0.000	0.000
20:3 n-6 1	g	0.000	11	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	11	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	11	0.000	0.000	0.000	0.000
22:4 1	g	0.000	11	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	11	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	11	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	5.541	--	--	5.209	0.111	0.166
Fatty acids, total trans-monoenoic	g	5.359	--	--	5.037	0.107	0.161
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	32	--	--	30	1	1
Amino Acids							
Tryptophan	g	0.066	--	--	0.062	0.001	0.002
Threonine	g	0.203	--	--	0.191	0.004	0.006
Isoleucine	g	0.294	--	--	0.276	0.006	0.009
Leucine	g	0.473	--	--	0.445	0.009	0.014
Lysine	g	0.385	--	--	0.362	0.008	0.012
Methionine	g	0.145	--	--	0.136	0.003	0.004
Cystine	g	0.021	--	--	0.020	0.000	0.001
Phenylalanine	g	0.257	--	--	0.242	0.005	0.008
Tyrosine	g	0.274	--	--	0.258	0.005	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 94g	1 tsp 2g	1 packet 3g
Valine	g	0.343	--	--	0.322	0.007	0.010
Arginine	g	0.190	--	--	0.179	0.004	0.006
Histidine	g	0.142	--	--	0.133	0.003	0.004
Alanine	g	0.150	--	--	0.141	0.003	0.004
Aspartic acid	g	0.339	--	--	0.319	0.007	0.010
Glutamic acid	g	1.088	--	--	1.023	0.022	0.033
Glycine	g	0.096	--	--	0.090	0.002	0.003
Proline	g	0.540	--	--	0.508	0.011	0.016
Serine	g	0.295	--	--	0.277	0.006	0.009
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD