

Basic Report 04028, Salad dressing, mayonnaise, imitation, milk cream

Report Date: June 24, 2019 05:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 15g	1 cup 240g
Proximates				
Water	g	79.60	11.94	191.04
Energy	kcal	97	15	233
Protein	g	2.10	0.32	5.04
Total lipid (fat)	g	5.10	0.77	12.24
Carbohydrate, by difference	g	11.10	1.67	26.64
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	72	11	173
Iron, Fe	mg	0.50	0.07	1.20
Magnesium, Mg	mg	7	1	17
Phosphorus, P	mg	57	9	137
Potassium, K	mg	97	15	233
Sodium, Na	mg	504	76	1210
Zinc, Zn	mg	0.25	0.04	0.60
Vitamins				
Vitamin C, total ascorbic acid	mg	0.3	0.0	0.7
Thiamin	mg	0.024	0.004	0.058
Riboflavin	mg	0.097	0.015	0.233
Niacin	mg	0.054	0.008	0.130
Vitamin B-6	mg	0.021	0.003	0.050
Folate, DFE	µg	3	0	7
Vitamin B-12	µg	0.23	0.03	0.55
Vitamin A, RAE	µg	4	1	10
Vitamin A, IU	IU	13	2	31
Vitamin E (alpha-tocopherol)	mg	0.40	0.06	0.96

Lipids

Nutrient	Unit	1 Value Per100 g	1 tablespoon 15g	1 cup 240g
Fatty acids, total saturated	g	2.800	0.420	6.720
Fatty acids, total monounsaturated	g	1.700	0.255	4.080
Fatty acids, total polyunsaturated	g	0.300	0.045	0.720
Cholesterol	mg	43	6	103
Amino Acids				
Other				
Caffeine	mg	0	0	0