



Food ID: J002

Food name and Description: Cheese, cottage

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.6
Energy, calculated (kcal)	94
Protein (g)	13.2
Total Fat (g)	3
Carbohydrate, total (g)	3.6
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	87
Phosphorus, P (mg)	120
Iron, Fe (mg)	0.6
Sodium, Na (mg)	385

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	415
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	419
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.62
Fatty acids, monounsaturated, total (g)	0.86
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	11