

**Food ID:** J007**Food name and Description:** Cream**Scientific name:****Alternate/Common name(s):** Krema**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69
Energy, calculated (kcal)	241
Protein (g)	2.3
Total Fat (g)	23.9
Carbohydrate, total (g)	4.2
Ash, total (g)	0.6

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	3

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	89
Phosphorus, P (mg)	63
Iron, Fe (mg)	0.3
Sodium, Na (mg)	39

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	215
Retinol Activity Equivalent, RAE (µg)	133
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-