

**Basic Report 01018, Cheese, edam**

Report Date: January 26, 2015 11:26 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (7 oz) 198g
<b>Proximates</b>				
Water	g	41.56	11.78	82.29
Energy	kcal	357	101	707
Protein	g	24.99	7.08	49.48
Total lipid (fat)	g	27.80	7.88	55.04
Carbohydrate, by difference	g	1.43	0.41	2.83
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	1.43	0.41	2.83
<b>Minerals</b>				
Calcium, Ca	mg	731	207	1447
Iron, Fe	mg	0.44	0.12	0.87
Magnesium, Mg	mg	30	9	59
Phosphorus, P	mg	536	152	1061
Potassium, K	mg	188	53	372
Sodium, Na	mg	812	230	1608
Zinc, Zn	mg	3.75	1.06	7.42
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.037	0.010	0.073
Riboflavin	mg	0.389	0.110	0.770
Niacin	mg	0.082	0.023	0.162
Vitamin B-6	mg	0.076	0.022	0.150
Folate, DFE	µg	16	5	32
Vitamin B-12	µg	1.54	0.44	3.05
Vitamin A, RAE	µg	243	69	481
Vitamin A, IU	IU	825	234	1634
Vitamin E (alpha-tocopherol)	mg	0.24	0.07	0.48

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Vitamin D (D2 + D3)	µg	0.5	0.1	1.0
Vitamin D	IU	20	6	40
Vitamin K (phylloquinone)	µg	2.3	0.7	4.6
<b>Lipids</b>				
Fatty acids, total saturated	g	17.572	4.982	34.793
Fatty acids, total monounsaturated	g	8.125	2.303	16.088
Fatty acids, total polyunsaturated	g	0.665	0.189	1.317
Cholesterol	mg	89	25	176
<b>Other</b>				
Caffeine	mg	0	0	0