

Basic Report 01021, Cheese, gjetost

Report Date: January 29, 2015 05:19 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28.35g | 1 package (8 oz) 227g |
|--------------------------------|------|------------------|-------------|-----------------------|
| Proximates | | | | |
| Water | g | 13.44 | 3.81 | 30.51 |
| Energy | kcal | 466 | 132 | 1058 |
| Protein | g | 9.65 | 2.74 | 21.91 |
| Total lipid (fat) | g | 29.51 | 8.37 | 66.99 |
| Carbohydrate, by difference | g | 42.65 | 12.09 | 96.82 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 400 | 113 | 908 |
| Iron, Fe | mg | 0.52 | 0.15 | 1.18 |
| Magnesium, Mg | mg | 70 | 20 | 159 |
| Phosphorus, P | mg | 444 | 126 | 1008 |
| Potassium, K | mg | 1409 | 399 | 3198 |
| Sodium, Na | mg | 600 | 170 | 1362 |
| Zinc, Zn | mg | 1.14 | 0.32 | 2.59 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.315 | 0.089 | 0.715 |
| Riboflavin | mg | 1.382 | 0.392 | 3.137 |
| Niacin | mg | 0.813 | 0.230 | 1.846 |
| Vitamin B-6 | mg | 0.271 | 0.077 | 0.615 |
| Folate, DFE | µg | 5 | 1 | 11 |
| Vitamin B-12 | µg | 2.42 | 0.69 | 5.49 |
| Vitamin A, RAE | µg | 334 | 95 | 758 |
| Vitamin A, IU | IU | 1113 | 316 | 2527 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 19.160 | 5.432 | 43.493 |

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|------------------------------------|-------------|---------------------------------|------------------------|----------------------------------|
| Fatty acids, total monounsaturated | g | 7.879 | 2.234 | 17.885 |
| Fatty acids, total polyunsaturated | g | 0.938 | 0.266 | 2.129 |
| Cholesterol | mg | 94 | 27 | 213 |