

Basic Report 01022, Cheese, gouda

Report Date: March 06, 2015 03:59 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28.35g | 1 package (7 oz) 198g |
|--------------------------------|------|------------------|-------------|-----------------------|
| Proximates | | | | |
| Water | g | 41.46 | 11.75 | 82.09 |
| Energy | kcal | 356 | 101 | 705 |
| Protein | g | 24.94 | 7.07 | 49.38 |
| Total lipid (fat) | g | 27.44 | 7.78 | 54.33 |
| Carbohydrate, by difference | g | 2.22 | 0.63 | 4.40 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 2.22 | 0.63 | 4.40 |
| Minerals | | | | |
| Calcium, Ca | mg | 700 | 198 | 1386 |
| Iron, Fe | mg | 0.24 | 0.07 | 0.48 |
| Magnesium, Mg | mg | 29 | 8 | 57 |
| Phosphorus, P | mg | 546 | 155 | 1081 |
| Potassium, K | mg | 121 | 34 | 240 |
| Sodium, Na | mg | 819 | 232 | 1622 |
| Zinc, Zn | mg | 3.90 | 1.11 | 7.72 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.030 | 0.009 | 0.059 |
| Riboflavin | mg | 0.334 | 0.095 | 0.661 |
| Niacin | mg | 0.063 | 0.018 | 0.125 |
| Vitamin B-6 | mg | 0.080 | 0.023 | 0.158 |
| Folate, DFE | µg | 21 | 6 | 42 |
| Vitamin B-12 | µg | 1.54 | 0.44 | 3.05 |
| Vitamin A, RAE | µg | 165 | 47 | 327 |
| Vitamin A, IU | IU | 563 | 160 | 1115 |
| 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 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 17.614 | 4.994 | 34.876 |
| Fatty acids, total monounsaturated | g | 7.747 | 2.196 | 15.339 |
| Fatty acids, total polyunsaturated | g | 0.657 | 0.186 | 1.301 |
| Cholesterol | mg | 114 | 32 | 226 |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |