

Full Report (All Nutrients) 01022, Cheese, gouda

Report Date: January 28, 2015 15:14 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28.35g | 1 package (7 oz) 198g |
|--------------------------------|------|---------------------|----------------|------------|----------------|--------------------------|
| Proximates | | | | | | |
| Water | g | 41.46 | 20 | 0.374 | 11.75 | 82.09 |
| Energy | kcal | 356 | -- | -- | 101 | 705 |
| Energy | kJ | 1491 | -- | -- | 423 | 2952 |
| Protein | g | 24.94 | 6 | 0.193 | 7.07 | 49.38 |
| Total lipid (fat) | g | 27.44 | 13 | 0.564 | 7.78 | 54.33 |
| Ash | g | 3.94 | 7 | 0.124 | 1.12 | 7.80 |
| 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 | 8 | 29.984 | 198 | 1386 |
| Iron, Fe | mg | 0.24 | 1 | -- | 0.07 | 0.48 |
| Magnesium, Mg | mg | 29 | 1 | -- | 8 | 57 |
| Phosphorus, P | mg | 546 | 7 | 21.530 | 155 | 1081 |
| Potassium, K | mg | 121 | 8 | -- | 34 | 240 |
| Sodium, Na | mg | 819 | 3 | -- | 232 | 1622 |
| Zinc, Zn | mg | 3.90 | 1 | -- | 1.11 | 7.72 |
| Copper, Cu | mg | 0.036 | -- | -- | 0.010 | 0.071 |
| Manganese, Mn | mg | 0.011 | -- | -- | 0.003 | 0.022 |
| Selenium, Se | µg | 14.5 | -- | -- | 4.1 | 28.7 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 | 0.0 |
| Thiamin | mg | 0.030 | 1 | -- | 0.009 | 0.059 |

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| Riboflavin | mg | 0.334 | 5 | 0.014 | 0.095 | 0.661 |
| Niacin | mg | 0.063 | 10 | 0.015 | 0.018 | 0.125 |
| Pantothenic acid | mg | 0.340 | 15 | 0.052 | 0.096 | 0.673 |
| Vitamin B-6 | mg | 0.080 | 20 | 0.005 | 0.023 | 0.158 |
| Folate, total | µg | 21 | 20 | 2.594 | 6 | 42 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 21 | 20 | 2.594 | 6 | 42 |
| Folate, DFE | µg | 21 | -- | -- | 6 | 42 |
| Choline, total | mg | 15.4 | -- | -- | 4.4 | 30.5 |
| Vitamin B-12 | µg | 1.54 | -- | -- | 0.44 | 3.05 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 165 | -- | -- | 47 | 327 |
| Retinol | µg | 164 | -- | -- | 46 | 325 |
| Carotene, beta | µg | 10 | -- | -- | 3 | 20 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 563 | -- | -- | 160 | 1115 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | -- | -- | 0.07 | 0.48 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.5 | -- | -- | 0.1 | 1.0 |
| Vitamin D3 (cholecalciferol) | 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 |
| 4:0 | g | 0.999 | 1 | -- | 0.283 | 1.978 |
| 6:0 | g | 0.640 | 1 | -- | 0.181 | 1.267 |
| 8:0 | g | 0.427 | 1 | -- | 0.121 | 0.845 |
| 10:0 | g | 0.918 | 1 | -- | 0.260 | 1.818 |
| 12:0 | g | 1.211 | 1 | -- | 0.343 | 2.398 |
| 14:0 | g | 3.040 | 1 | -- | 0.862 | 6.019 |

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| 16:0 | g | 6.851 | 1 | -- | 1.942 | 13.565 |
| 18:0 | g | 2.918 | 1 | -- | 0.827 | 5.778 |
| Fatty acids, total monounsaturated | g | 7.747 | -- | -- | 2.196 | 15.339 |
| 16:1 undifferentiated | g | 0.889 | 1 | -- | 0.252 | 1.760 |
| 18:1 undifferentiated | g | 6.388 | 1 | -- | 1.811 | 12.648 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.657 | -- | -- | 0.186 | 1.301 |
| 18:2 undifferentiated | g | 0.263 | 1 | -- | 0.075 | 0.521 |
| 18:3 undifferentiated | g | 0.394 | 1 | -- | 0.112 | 0.780 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 114 | 1 | -- | 32 | 226 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.352 | -- | -- | 0.100 | 0.697 |
| Threonine | g | 0.930 | -- | -- | 0.264 | 1.841 |
| Isoleucine | g | 1.306 | -- | -- | 0.370 | 2.586 |
| Leucine | g | 2.564 | -- | -- | 0.727 | 5.077 |
| Lysine | g | 2.654 | -- | -- | 0.752 | 5.255 |
| Methionine | g | 0.719 | -- | -- | 0.204 | 1.424 |
| Cystine | g | 0.254 | -- | -- | 0.072 | 0.503 |
| Phenylalanine | g | 1.431 | -- | -- | 0.406 | 2.833 |
| Tyrosine | g | 1.454 | -- | -- | 0.412 | 2.879 |
| Valine | g | 1.806 | -- | -- | 0.512 | 3.576 |
| Arginine | g | 0.962 | -- | -- | 0.273 | 1.905 |
| Histidine | g | 1.032 | -- | -- | 0.293 | 2.043 |
| Alanine | g | 0.762 | -- | -- | 0.216 | 1.509 |
| Aspartic acid | g | 1.743 | -- | -- | 0.494 | 3.451 |
| Glutamic acid | g | 6.137 | -- | -- | 1.740 | 12.151 |
| Glycine | g | 0.485 | -- | -- | 0.137 | 0.960 |

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| Proline | g | 3.245 | -- | -- | 0.920 | 6.425 |
| Serine | g | 1.544 | -- | -- | 0.438 | 3.057 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |