

Full Report (All Nutrients) 01004, Cheese, blue

Report Date: January 26, 2015 22:24 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 cubic inch 17g	1 cup, crumbled, not packed 135g
Proximates							
Water	g	42.41	29	0.649	12.02	7.21	57.25
Energy	kcal	353	--	--	100	60	477
Energy	kJ	1477	--	--	419	251	1994
Protein	g	21.40	19	0.339	6.07	3.64	28.89
Total lipid (fat)	g	28.74	20	0.399	8.15	4.89	38.80
Ash	g	5.11	15	0.138	1.45	0.87	6.90
Carbohydrate, by difference	g	2.34	--	--	0.66	0.40	3.16
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.50	--	--	0.14	0.08	0.68
Minerals							
Calcium, Ca	mg	528	17	21.680	150	90	713
Iron, Fe	mg	0.31	4	0.010	0.09	0.05	0.42
Magnesium, Mg	mg	23	11	0.724	7	4	31
Phosphorus, P	mg	387	12	8.294	110	66	522
Potassium, K	mg	256	12	41.094	73	44	346
Sodium, Na	mg	1146	--	--	325	195	1547
Zinc, Zn	mg	2.66	4	0.065	0.75	0.45	3.59
Copper, Cu	mg	0.040	--	--	0.011	0.007	0.054
Manganese, Mn	mg	0.009	--	--	0.003	0.002	0.012
Selenium, Se	µg	14.5	--	--	4.1	2.5	19.6
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin	mg	0.029	11	0.006	0.008	0.005	0.039

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Riboflavin	mg	0.382	16	0.022	0.108	0.065	0.516
Niacin	mg	1.016	44	0.097	0.288	0.173	1.372
Pantothenic acid	mg	1.729	16	0.178	0.490	0.294	2.334
Vitamin B-6	mg	0.166	32	0.012	0.047	0.028	0.224
Folate, total	µg	36	34	0.892	10	6	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	36	34	0.892	10	6	49
Folate, DFE	µg	36	--	--	10	6	49
Choline, total	mg	15.4	--	--	4.4	2.6	20.8
Vitamin B-12	µg	1.22	22	0.113	0.35	0.21	1.65
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	198	--	--	56	34	267
Retinol	µg	192	--	--	54	33	259
Carotene, beta	µg	74	--	--	21	13	100
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	721	13	54.691	204	123	973
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.07	0.04	0.34
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.1	0.7
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.1	0.7
Vitamin D	IU	21	--	--	6	4	28
Vitamin K (phylloquinone)	µg	2.4	--	--	0.7	0.4	3.2
Lipids							
Fatty acids, total saturated	g	18.669	--	--	5.293	3.174	25.203
4:0	g	0.658	2	--	0.187	0.112	0.888
6:0	g	0.361	2	--	0.102	0.061	0.487
8:0	g	0.247	10	0.020	0.070	0.042	0.333
10:0	g	0.601	10	0.035	0.170	0.102	0.811
12:0	g	0.491	10	0.074	0.139	0.083	0.663
14:0	g	3.301	10	0.102	0.936	0.561	4.456

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 17g	1 cup, crumbled, not packed 135g
16:0	g	9.153	10	0.296	2.595	1.556	12.357
18:0	g	3.235	10	0.152	0.917	0.550	4.367
Fatty acids, total monounsaturated	g	7.778	--	--	2.205	1.322	10.500
16:1 undifferentiated	g	0.816	10	0.103	0.231	0.139	1.102
18:1 undifferentiated	g	6.622	10	0.175	1.877	1.126	8.940
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.800	--	--	0.227	0.136	1.080
18:2 undifferentiated	g	0.536	10	0.056	0.152	0.091	0.724
18:3 undifferentiated	g	0.264	9	0.030	0.075	0.045	0.356
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	75	4	5.349	21	13	101
Amino Acids							
Tryptophan	g	0.312	--	--	0.088	0.053	0.421
Threonine	g	0.785	--	--	0.223	0.133	1.060
Isoleucine	g	1.124	--	--	0.319	0.191	1.517
Leucine	g	1.919	--	--	0.544	0.326	2.591
Lysine	g	1.852	--	--	0.525	0.315	2.500
Methionine	g	0.584	--	--	0.166	0.099	0.788
Cystine	g	0.107	--	--	0.030	0.018	0.144
Phenylalanine	g	1.087	--	--	0.308	0.185	1.467
Tyrosine	g	1.295	--	--	0.367	0.220	1.748
Valine	g	1.556	--	--	0.441	0.265	2.101
Arginine	g	0.711	--	--	0.202	0.121	0.960
Histidine	g	0.758	--	--	0.215	0.129	1.023
Alanine	g	0.644	--	--	0.183	0.109	0.869
Aspartic acid	g	1.436	--	--	0.407	0.244	1.939
Glutamic acid	g	5.179	--	--	1.468	0.880	6.992
Glycine	g	0.406	--	--	0.115	0.069	0.548

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 17g	1 cup, crumbled, not packed 135g
Proline	g	2.100	--	--	0.595	0.357	2.835
Serine	g	1.120	--	--	0.318	0.190	1.512
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0