

Full Report (All Nutrients) 01006, Cheese, brie

Report Date: March 06, 2015 19:08 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 cup, sliced 144g	1 cup, melted 240g	1 cubic inch 17g	1 package (4.5 oz) 128g
Proximates									
Water	g	48.42	9	1.290	13.73	69.72	116.21	8.23	61.98
Energy	kcal	334	--	--	95	481	802	57	428
Energy	kJ	1396	--	--	396	2010	3350	237	1787
Protein	g	20.75	7	0.210	5.88	29.88	49.80	3.53	26.56
Total lipid (fat)	g	27.68	4	1.841	7.85	39.86	66.43	4.71	35.43
Ash	g	2.70	1	--	0.77	3.89	6.48	0.46	3.46
Carbohydrate, by difference	g	0.45	--	--	0.13	0.65	1.08	0.08	0.58
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.45	--	--	0.13	0.65	1.08	0.08	0.58
Minerals									
Calcium, Ca	mg	184	3	9.135	52	265	442	31	236
Iron, Fe	mg	0.50	1	--	0.14	0.72	1.20	0.08	0.64
Magnesium, Mg	mg	20	--	--	6	29	48	3	26
Phosphorus, P	mg	188	3	7.446	53	271	451	32	241
Potassium, K	mg	152	1	--	43	219	365	26	195
Sodium, Na	mg	629	--	--	178	906	1510	107	805
Zinc, Zn	mg	2.38	--	--	0.67	3.43	5.71	0.40	3.05
Copper, Cu	mg	0.019	--	--	0.005	0.027	0.046	0.003	0.024
Manganese, Mn	mg	0.034	--	--	0.010	0.049	0.082	0.006	0.044
Selenium, Se	µg	14.5	--	--	4.1	20.9	34.8	2.5	18.6
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.070	1	--	0.020	0.101	0.168	0.012	0.090

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Riboflavin	mg	0.520	3	0.191	0.147	0.749	1.248	0.088	0.666
Niacin	mg	0.380	2	--	0.108	0.547	0.912	0.065	0.486
Pantothenic acid	mg	0.690	2	--	0.196	0.994	1.656	0.117	0.883
Vitamin B-6	mg	0.235	6	--	0.067	0.338	0.564	0.040	0.301
Folate, total	µg	65	1	--	18	94	156	11	83
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	65	1	--	18	94	156	11	83
Folate, DFE	µg	65	--	--	18	94	156	11	83
Choline, total	mg	15.4	--	--	4.4	22.2	37.0	2.6	19.7
Vitamin B-12	µg	1.65	12	0.156	0.47	2.38	3.96	0.28	2.11
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	174	--	--	49	251	418	30	223
Retinol	µg	173	--	--	49	249	415	29	221
Carotene, beta	µg	9	--	--	3	13	22	2	12
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	592	--	--	168	852	1421	101	758
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.07	0.35	0.58	0.04	0.31
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.7	1.2	0.1	0.6
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.7	1.2	0.1	0.6
Vitamin D	IU	20	--	--	6	29	48	3	26
Vitamin K (phylloquinone)	µg	2.3	--	--	0.7	3.3	5.5	0.4	2.9
Lipids									
Fatty acids, total saturated	g	17.410	--	--	4.936	25.070	41.784	2.960	22.285
4:0	g	0.564	--	--	0.160	0.812	1.354	0.096	0.722
6:0	g	0.323	--	--	0.092	0.465	0.775	0.055	0.413
8:0	g	0.297	--	--	0.084	0.428	0.713	0.050	0.380
10:0	g	0.673	--	--	0.191	0.969	1.615	0.114	0.861
12:0	g	0.504	--	--	0.143	0.726	1.210	0.086	0.645
14:0	g	3.065	--	--	0.869	4.414	7.356	0.521	3.923

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16:0	g	8.246	--	--	2.338	11.874	19.790	1.402	10.555
18:0	g	2.880	--	--	0.816	4.147	6.912	0.490	3.686
Fatty acids, total monounsaturated	g	8.013	--	--	2.272	11.539	19.231	1.362	10.257
16:1 undifferentiated	g	1.007	--	--	0.285	1.450	2.417	0.171	1.289
18:1 undifferentiated	g	6.563	--	--	1.861	9.451	15.751	1.116	8.401
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.826	--	--	0.234	1.189	1.982	0.140	1.057
18:2 undifferentiated	g	0.513	--	--	0.145	0.739	1.231	0.087	0.657
18:3 undifferentiated	g	0.313	--	--	0.089	0.451	0.751	0.053	0.401
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	100	1	--	28	144	240	17	128
Amino Acids									
Tryptophan	g	0.322	--	--	0.091	0.464	0.773	0.055	0.412
Threonine	g	0.751	--	--	0.213	1.081	1.802	0.128	0.961
Isoleucine	g	1.015	--	--	0.288	1.462	2.436	0.173	1.299
Leucine	g	1.929	--	--	0.547	2.778	4.630	0.328	2.469
Lysine	g	1.851	--	--	0.525	2.665	4.442	0.315	2.369
Methionine	g	0.592	--	--	0.168	0.852	1.421	0.101	0.758
Cystine	g	0.114	--	--	0.032	0.164	0.274	0.019	0.146
Phenylalanine	g	1.158	--	--	0.328	1.668	2.779	0.197	1.482
Tyrosine	g	1.200	--	--	0.340	1.728	2.880	0.204	1.536
Valine	g	1.340	--	--	0.380	1.930	3.216	0.228	1.715
Arginine	g	0.735	--	--	0.208	1.058	1.764	0.125	0.941
Histidine	g	0.716	--	--	0.203	1.031	1.718	0.122	0.916
Alanine	g	0.859	--	--	0.244	1.237	2.062	0.146	1.100
Aspartic acid	g	1.350	--	--	0.383	1.944	3.240	0.230	1.728
Glutamic acid	g	4.387	--	--	1.244	6.317	10.529	0.746	5.615
Glycine	g	0.397	--	--	0.113	0.572	0.953	0.067	0.508

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Proline	g	2.459	--	--	0.697	3.541	5.902	0.418	3.148
Serine	g	1.168	--	--	0.331	1.682	2.803	0.199	1.495
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0