

Basic Report 01007, Cheese, camembert

Report Date: February 01, 2015 20:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Proximates						
Water	g	51.80	14.69	127.43	8.81	19.68
Energy	kcal	300	85	738	51	114
Protein	g	19.80	5.61	48.71	3.37	7.52
Total lipid (fat)	g	24.26	6.88	59.68	4.12	9.22
Carbohydrate, by difference	g	0.46	0.13	1.13	0.08	0.17
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.46	0.13	1.13	0.08	0.17
Minerals						
Calcium, Ca	mg	388	110	954	66	147
Iron, Fe	mg	0.33	0.09	0.81	0.06	0.13
Magnesium, Mg	mg	20	6	49	3	8
Phosphorus, P	mg	347	98	854	59	132
Potassium, K	mg	187	53	460	32	71
Sodium, Na	mg	842	239	2071	143	320
Zinc, Zn	mg	2.38	0.67	5.85	0.40	0.90
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.028	0.008	0.069	0.005	0.011
Riboflavin	mg	0.488	0.138	1.200	0.083	0.185
Niacin	mg	0.630	0.179	1.550	0.107	0.239
Vitamin B-6	mg	0.227	0.064	0.558	0.039	0.086
Folate, DFE	µg	62	18	153	11	24
Vitamin B-12	µg	1.30	0.37	3.20	0.22	0.49
Vitamin A, RAE	µg	241	68	593	41	92
Vitamin A, IU	IU	820	232	2017	139	312
Vitamin E (alpha-tocopherol)	mg	0.21	0.06	0.52	0.04	0.08

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Vitamin D (D2 + D3)	µg	0.4	0.1	1.0	0.1	0.2
Vitamin D	IU	18	5	44	3	7
Vitamin K (phylloquinone)	µg	2.0	0.6	4.9	0.3	0.8
Lipids						
Fatty acids, total saturated	g	15.259	4.326	37.537	2.594	5.798
Fatty acids, total monounsaturated	g	7.023	1.991	17.277	1.194	2.669
Fatty acids, total polyunsaturated	g	0.724	0.205	1.781	0.123	0.275
Cholesterol	mg	72	20	177	12	27
Other						
Caffeine	mg	0	0	0	0	0