

Full Report (All Nutrients) 01007, Cheese, camembert

Report Date: March 06, 2015 19:09 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 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Proximates								
Water	g	51.80	14	0.493	14.69	127.43	8.81	19.68
Energy	kcal	300	--	--	85	738	51	114
Energy	kJ	1253	--	--	355	3082	213	476
Protein	g	19.80	12	0.367	5.61	48.71	3.37	7.52
Total lipid (fat)	g	24.26	13	0.608	6.88	59.68	4.12	9.22
Ash	g	3.68	8	0.135	1.04	9.05	0.63	1.40
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	11	52.899	110	954	66	147
Iron, Fe	mg	0.33	5	0.065	0.09	0.81	0.06	0.13
Magnesium, Mg	mg	20	10	1.484	6	49	3	8
Phosphorus, P	mg	347	10	20.812	98	854	59	132
Potassium, K	mg	187	9	21.500	53	460	32	71
Sodium, Na	mg	842	10	62.440	239	2071	143	320
Zinc, Zn	mg	2.38	4	0.294	0.67	5.85	0.40	0.90
Copper, Cu	mg	0.021	--	--	0.006	0.052	0.004	0.008
Manganese, Mn	mg	0.038	--	--	0.011	0.093	0.006	0.014
Selenium, Se	µg	14.5	--	--	4.1	35.7	2.5	5.5
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0
Thiamin	mg	0.028	11	0.005	0.008	0.069	0.005	0.011

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Riboflavin	mg	0.488	13	0.036	0.138	1.200	0.083	0.185
Niacin	mg	0.630	16	0.084	0.179	1.550	0.107	0.239
Pantothenic acid	mg	1.364	16	0.493	0.387	3.355	0.232	0.518
Vitamin B-6	mg	0.227	36	0.027	0.064	0.558	0.039	0.086
Folate, total	µg	62	18	8.839	18	153	11	24
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	62	18	8.839	18	153	11	24
Folate, DFE	µg	62	--	--	18	153	11	24
Choline, total	mg	15.4	--	--	4.4	37.9	2.6	5.9
Vitamin B-12	µg	1.30	17	0.086	0.37	3.20	0.22	0.49
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	241	--	--	68	593	41	92
Retinol	µg	240	--	--	68	590	41	91
Carotene, beta	µg	12	--	--	3	30	2	5
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	820	--	--	232	2017	139	312
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.06	0.52	0.04	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.1	1.0	0.1	0.2
Vitamin D3 (cholecalciferol)	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
4:0	g	0.494	2	--	0.140	1.215	0.084	0.188
6:0	g	0.283	2	--	0.080	0.696	0.048	0.108
8:0	g	0.260	7	0.018	0.074	0.640	0.044	0.099
10:0	g	0.590	7	0.020	0.167	1.451	0.100	0.224
12:0	g	0.442	7	0.063	0.125	1.087	0.075	0.168
14:0	g	2.686	7	0.086	0.761	6.608	0.457	1.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
16:0	g	7.227	7	0.341	2.049	17.778	1.229	2.746
18:0	g	2.524	7	0.166	0.716	6.209	0.429	0.959
Fatty acids, total monounsaturated	g	7.023	--	--	1.991	17.277	1.194	2.669
16:1 undifferentiated	g	0.883	7	0.056	0.250	2.172	0.150	0.336
18:1 undifferentiated	g	5.752	7	0.302	1.631	14.150	0.978	2.186
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.724	--	--	0.205	1.781	0.123	0.275
18:2 undifferentiated	g	0.450	7	0.041	0.128	1.107	0.076	0.171
18:3 undifferentiated	g	0.274	7	0.022	0.078	0.674	0.047	0.104
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	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
22:5 n-3 (DPA)	g	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
Cholesterol	mg	72	4	4.445	20	177	12	27
Amino Acids								
Tryptophan	g	0.307	--	--	0.087	0.755	0.052	0.117
Threonine	g	0.717	--	--	0.203	1.764	0.122	0.272
Isoleucine	g	0.968	--	--	0.274	2.381	0.165	0.368
Leucine	g	1.840	--	--	0.522	4.526	0.313	0.699
Lysine	g	1.766	--	--	0.501	4.344	0.300	0.671
Methionine	g	0.565	--	--	0.160	1.390	0.096	0.215
Cystine	g	0.109	--	--	0.031	0.268	0.019	0.041
Phenylalanine	g	1.105	--	--	0.313	2.718	0.188	0.420
Tyrosine	g	1.145	--	--	0.325	2.817	0.195	0.435
Valine	g	1.279	--	--	0.363	3.146	0.217	0.486
Arginine	g	0.701	--	--	0.199	1.724	0.119	0.266
Histidine	g	0.683	--	--	0.194	1.680	0.116	0.260
Alanine	g	0.819	--	--	0.232	2.015	0.139	0.311
Aspartic acid	g	1.288	--	--	0.365	3.168	0.219	0.489
Glutamic acid	g	4.187	--	--	1.187	10.300	0.712	1.591
Glycine	g	0.379	--	--	0.107	0.932	0.064	0.144

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Proline	g	2.346	--	--	0.665	5.771	0.399	0.891
Serine	g	1.114	--	--	0.316	2.740	0.189	0.423
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0