

Full Report (All Nutrients) 01007, Cheese, camembert

Report Date: January 28, 2015 13:13 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 Per 100 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 |

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|------------------------------------|------|------------------|-------------|------------|-------------|------------|------------------|-----------------------|
| 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 |

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|----------------|------|---------------------|----------------|---------------|----------------|---------------|---------------------|--------------------------|
| 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 |