

Basic Report 01008, Cheese, caraway

Report Date: January 31, 2015 19:31 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	39.28	11.14
Energy	kcal	376	107
Protein	g	25.18	7.14
Total lipid (fat)	g	29.20	8.28
Carbohydrate, by difference	g	3.06	0.87
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	673	191
Iron, Fe	mg	0.64	0.18
Magnesium, Mg	mg	22	6
Phosphorus, P	mg	490	139
Potassium, K	mg	93	26
Sodium, Na	mg	690	196
Zinc, Zn	mg	2.94	0.83
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.031	0.009
Riboflavin	mg	0.450	0.128
Niacin	mg	0.180	0.051
Vitamin B-6	mg	0.074	0.021
Folate, DFE	µg	18	5
Vitamin B-12	µg	0.27	0.08
Vitamin A, RAE	µg	271	77
Vitamin A, IU	IU	1054	299
Lipids			
Fatty acids, total saturated	g	18.584	5.269

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Fatty acids, total monounsaturated	g	8.275	2.346
Fatty acids, total polyunsaturated	g	0.830	0.235
Cholesterol	mg	93	26