

Basic Report 01146, Cheese, parmesan, shredded

Report Date: August 16, 2017 17:26 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 5g |
|--------------------------------|------|------------------------|--------------|
| Proximates | | | |
| Water | g | 25.00 | 1.25 |
| Energy | kcal | 415 | 21 |
| Protein | g | 37.86 | 1.89 |
| Total lipid (fat) | g | 27.34 | 1.37 |
| Carbohydrate, by difference | g | 3.41 | 0.17 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 0.90 | 0.04 |
| Minerals | | | |
| Calcium, Ca | mg | 1253 | 63 |
| Iron, Fe | mg | 0.87 | 0.04 |
| Magnesium, Mg | mg | 51 | 3 |
| Phosphorus, P | mg | 735 | 37 |
| Potassium, K | mg | 97 | 5 |
| Sodium, Na | mg | 1696 | 85 |
| Zinc, Zn | mg | 3.19 | 0.16 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.041 | 0.002 |
| Riboflavin | mg | 0.352 | 0.018 |
| Niacin | mg | 0.287 | 0.014 |
| Vitamin B-6 | mg | 0.105 | 0.005 |
| Folate, DFE | µg | 8 | 0 |
| Vitamin B-12 | µg | 1.40 | 0.07 |
| Vitamin A, RAE | µg | 229 | 11 |
| Vitamin A, IU | IU | 865 | 43 |
| Vitamin E (alpha-tocopherol) | mg | 0.25 | 0.01 |

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 5g |
|------------------------------------|-------------|---------------------------------|----------------------|
| Vitamin D (D2 + D3) | µg | 0.5 | 0.0 |
| Vitamin D | IU | 21 | 1 |
| Vitamin K (phylloquinone) | µg | 1.9 | 0.1 |
| Lipids | | | |
| Fatty acids, total saturated | g | 17.370 | 0.869 |
| Fatty acids, total monounsaturated | g | 8.734 | 0.437 |
| Fatty acids, total polyunsaturated | g | 0.661 | 0.033 |
| Cholesterol | mg | 72 | 4 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |