

Basic Report 01146, Cheese, parmesan, shredded

Report Date: October 22, 2017 11:35 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