

Basic Report 01157, Cheese, goat, semisoft type

Report Date: February 22, 2018 03:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	45.52	12.90
Energy	kcal	364	103
Protein	g	21.58	6.12
Total lipid (fat)	g	29.84	8.46
Carbohydrate, by difference	g	0.12	0.03
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.12	0.03
Minerals			
Calcium, Ca	mg	298	84
Iron, Fe	mg	1.62	0.46
Magnesium, Mg	mg	29	8
Phosphorus, P	mg	375	106
Potassium, K	mg	158	45
Sodium, Na	mg	415	118
Zinc, Zn	mg	0.66	0.19
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.072	0.020
Riboflavin	mg	0.676	0.192
Niacin	mg	1.148	0.325
Vitamin B-6	mg	0.060	0.017
Folate, DFE	µg	2	1
Vitamin B-12	µg	0.22	0.06
Vitamin A, RAE	µg	407	115
Vitamin A, IU	IU	1464	415
Vitamin E (alpha-tocopherol)	mg	0.26	0.07

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.5	0.1
Vitamin D	IU	22	6
Vitamin K (phylloquinone)	µg	2.5	0.7
Lipids			
Fatty acids, total saturated	g	20.639	5.851
Fatty acids, total monounsaturated	g	6.808	1.930
Fatty acids, total polyunsaturated	g	0.709	0.201
Cholesterol	mg	79	22
Amino Acids			
Other			
Caffeine	mg	0	0