

## Basic Report 01157, Cheese, goat, semisoft type

Report Date: June 23, 2017 23:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
Vitamin D (D2 + D3)	µg	0.5	0.1
Vitamin D	IU	22	6
Vitamin K (phylloquinone)	µg	2.5	0.7
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0