

Basic Report 01159, Cheese, goat, soft type

Report Date: June 27, 2017 23:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	60.75	17.22
Energy	kcal	264	75
Protein	g	18.52	5.25
Total lipid (fat)	g	21.08	5.98
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	140	40
Iron, Fe	mg	1.90	0.54
Magnesium, Mg	mg	16	5
Phosphorus, P	mg	256	73
Potassium, K	mg	26	7
Sodium, Na	mg	459	130
Zinc, Zn	mg	0.92	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.070	0.020
Riboflavin	mg	0.380	0.108
Niacin	mg	0.430	0.122
Vitamin B-6	mg	0.250	0.071
Folate, DFE	µg	12	3
Vitamin B-12	µg	0.19	0.05
Vitamin A, RAE	µg	288	82
Vitamin A, IU	IU	1033	293
Vitamin E (alpha-tocopherol)	mg	0.18	0.05

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.4	0.1
Vitamin D	IU	15	4
Vitamin K (phylloquinone)	µg	1.8	0.5
Lipids			
Fatty acids, total saturated	g	14.575	4.132
Fatty acids, total monounsaturated	g	4.807	1.363
Fatty acids, total polyunsaturated	g	0.501	0.142
Cholesterol	mg	46	13
Amino Acids			
Other			
Caffeine	mg	0	0