

Basic Report 01018, Cheese, edam

Report Date: August 23, 2017 21:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (7 oz) 198g
Proximates				
Water	g	41.56	11.78	82.29
Energy	kcal	357	101	707
Protein	g	24.99	7.08	49.48
Total lipid (fat)	g	27.80	7.88	55.04
Carbohydrate, by difference	g	1.43	0.41	2.83
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	1.43	0.41	2.83
Minerals				
Calcium, Ca	mg	731	207	1447
Iron, Fe	mg	0.44	0.12	0.87
Magnesium, Mg	mg	30	9	59
Phosphorus, P	mg	536	152	1061
Potassium, K	mg	188	53	372
Sodium, Na	mg	812	230	1608
Zinc, Zn	mg	3.75	1.06	7.42
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.037	0.010	0.073
Riboflavin	mg	0.389	0.110	0.770
Niacin	mg	0.082	0.023	0.162
Vitamin B-6	mg	0.076	0.022	0.150
Folate, DFE	µg	16	5	32
Vitamin B-12	µg	1.54	0.44	3.05
Vitamin A, RAE	µg	243	69	481
Vitamin A, IU	IU	825	234	1634
Vitamin E (alpha-tocopherol)	mg	0.24	0.07	0.48

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Vitamin D (D2 + D3)	µg	0.5	0.1	1.0
Vitamin D	IU	20	6	40
Vitamin K (phylloquinone)	µg	2.3	0.7	4.6
Lipids				
Fatty acids, total saturated	g	17.572	4.982	34.793
Fatty acids, total monounsaturated	g	8.125	2.303	16.087
Fatty acids, total polyunsaturated	g	0.665	0.189	1.317
Cholesterol	mg	89	25	176
Amino Acids				
Other				
Caffeine	mg	0	0	0