

Full Report (All Nutrients) 01018, Cheese, edam

Report Date: May 28, 2017 21:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	1 package (7 oz) 198g
Proximates						
Water	g	41.56	15	0.741	11.78	82.29
Energy	kcal	357	--	--	101	707
Energy	kJ	1492	--	--	423	2954
Protein	g	24.99	15	0.330	7.08	49.48
Total lipid (fat)	g	27.80	19	0.565	7.88	55.04
Ash	g	4.22	12	0.194	1.20	8.36
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	15	32.550	207	1447
Iron, Fe	mg	0.44	4	0.097	0.12	0.87
Magnesium, Mg	mg	30	9	1.705	9	59
Phosphorus, P	mg	536	10	18.811	152	1061
Potassium, K	mg	188	9	39.814	53	372
Sodium, Na	mg	812	--	--	230	1608
Zinc, Zn	mg	3.75	4	0.542	1.06	7.42
Copper, Cu	mg	0.036	--	--	0.010	0.071
Manganese, Mn	mg	0.011	--	--	0.003	0.022
Selenium, Se	µg	14.5	--	--	4.1	28.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin	mg	0.037	11	0.008	0.010	0.073
Riboflavin	mg	0.389	17	0.013	0.110	0.770
Niacin	mg	0.082	16	0.030	0.023	0.162
Pantothenic acid	mg	0.281	15	0.072	0.080	0.556
Vitamin B-6	mg	0.076	29	0.004	0.022	0.150
Folate, total	µg	16	41	1.468	5	32
Folic acid	µg	0	--	--	0	0
Folate, food	µg	16	41	1.468	5	32
Folate, DFE	µg	16	--	--	5	32
Choline, total	mg	15.4	--	--	4.4	30.5
Vitamin B-12	µg	1.54	15	0.129	0.44	3.05
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	243	--	--	69	481
Retinol	µg	242	--	--	69	479
Carotene, beta	µg	11	--	--	3	22
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	825	--	--	234	1634
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.07	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	1.0
Vitamin D3 (cholecalciferol)	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
4:0	g	1.000	2	--	0.284	1.980
6:0	g	0.461	2	--	0.131	0.913
8:0	g	0.300	7	0.024	0.085	0.594
10:0	g	0.589	7	0.061	0.167	1.166
12:0	g	0.496	7	0.124	0.141	0.982

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14:0	g	2.943	7	0.127	0.834	5.827
16:0	g	8.067	7	0.287	2.287	15.973
18:0	g	2.983	7	0.113	0.846	5.906
Fatty acids, total monounsaturated	g	8.125	--	--	2.303	16.087
16:1 undifferentiated	g	0.813	7	0.090	0.230	1.610
18:1 undifferentiated	g	6.911	7	0.298	1.959	13.684
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.665	--	--	0.189	1.317
18:2 undifferentiated	g	0.418	7	0.031	0.119	0.828
18:3 undifferentiated	g	0.247	7	0.029	0.070	0.489
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	89	4	1.301	25	176
Amino Acids						
Tryptophan	g	0.352	--	--	0.100	0.697
Threonine	g	0.932	--	--	0.264	1.845
Isoleucine	g	1.308	--	--	0.371	2.590
Leucine	g	2.570	--	--	0.729	5.089
Lysine	g	2.660	--	--	0.754	5.267
Methionine	g	0.721	--	--	0.204	1.428
Cystine	g	0.255	--	--	0.072	0.505
Phenylalanine	g	1.434	--	--	0.407	2.839
Tyrosine	g	1.457	--	--	0.413	2.885
Valine	g	1.810	--	--	0.513	3.584
Arginine	g	0.964	--	--	0.273	1.909
Histidine	g	1.034	--	--	0.293	2.047
Alanine	g	0.764	--	--	0.217	1.513
Aspartic acid	g	1.747	--	--	0.495	3.459
Glutamic acid	g	6.150	--	--	1.744	12.177

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Glycine	g	0.486	--	--	0.138	0.962
Proline	g	3.251	--	--	0.922	6.437
Serine	g	1.547	--	--	0.439	3.063
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0