

Full Report (All Nutrients) 01018, Cheese, edam

Report Date: July 25, 2017 12:46 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 |