

Basic Report 01019, Cheese, feta

Report Date: February 24, 2018 16:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Proximates						
Water	g	55.22	82.83	15.65	9.39	20.98
Energy	kcal	264	396	75	45	100
Protein	g	14.21	21.32	4.03	2.42	5.40
Total lipid (fat)	g	21.28	31.92	6.03	3.62	8.09
Carbohydrate, by difference	g	4.09	6.13	1.16	0.70	1.55
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	4.09	6.13	1.16	0.70	1.55
Minerals						
Calcium, Ca	mg	493	740	140	84	187
Iron, Fe	mg	0.65	0.97	0.18	0.11	0.25
Magnesium, Mg	mg	19	28	5	3	7
Phosphorus, P	mg	337	506	96	57	128
Potassium, K	mg	62	93	18	11	24
Sodium, Na	mg	917	1376	260	156	348
Zinc, Zn	mg	2.88	4.32	0.82	0.49	1.09
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.154	0.231	0.044	0.026	0.059
Riboflavin	mg	0.844	1.266	0.239	0.143	0.321
Niacin	mg	0.991	1.487	0.281	0.168	0.377
Vitamin B-6	mg	0.424	0.636	0.120	0.072	0.161
Folate, DFE	µg	32	48	9	5	12
Vitamin B-12	µg	1.69	2.54	0.48	0.29	0.64
Vitamin A, RAE	µg	125	188	35	21	48
Vitamin A, IU	IU	422	633	120	72	160
Vitamin E (alpha-tocopherol)	mg	0.18	0.27	0.05	0.03	0.07

Nutrient	Unit	1 Value Per100 g	1 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Vitamin D (D2 + D3)	µg	0.4	0.6	0.1	0.1	0.2
Vitamin D	IU	16	24	5	3	6
Vitamin K (phylloquinone)	µg	1.8	2.7	0.5	0.3	0.7
Lipids						
Fatty acids, total saturated	g	14.946	22.419	4.237	2.541	5.679
Fatty acids, total monounsaturated	g	4.623	6.935	1.311	0.786	1.757
Fatty acids, total polyunsaturated	g	0.591	0.886	0.168	0.100	0.225
Cholesterol	mg	89	134	25	15	34
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0