

Full Report (All Nutrients) 01019, Cheese, feta

Report Date: February 22, 2018 03:44 EST

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 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Proximates								
Water	g	55.22	23	1.126	82.83	15.65	9.39	20.98
Energy	kcal	264	--	--	396	75	45	100
Energy	kJ	1103	--	--	1654	313	188	419
Protein	g	14.21	9	0.515	21.32	4.03	2.42	5.40
Total lipid (fat)	g	21.28	23	0.893	31.92	6.03	3.62	8.09
Ash	g	5.20	2	--	7.80	1.47	0.88	1.98
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	4	42.411	740	140	84	187
Iron, Fe	mg	0.65	4	0.148	0.97	0.18	0.11	0.25
Magnesium, Mg	mg	19	4	2.199	28	5	3	7
Phosphorus, P	mg	337	4	15.985	506	96	57	128
Potassium, K	mg	62	5	5.702	93	18	11	24
Sodium, Na	mg	917	--	--	1376	260	156	348
Zinc, Zn	mg	2.88	4	0.202	4.32	0.82	0.49	1.09
Copper, Cu	mg	0.032	--	--	0.048	0.009	0.005	0.012
Manganese, Mn	mg	0.028	--	--	0.042	0.008	0.005	0.011
Selenium, Se	µg	15.0	2	--	22.5	4.3	2.5	5.7
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
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
Pantothenic acid	mg	0.967	--	--	1.450	0.274	0.164	0.367
Vitamin B-6	mg	0.424	--	--	0.636	0.120	0.072	0.161
Folate, total	µg	32	--	--	48	9	5	12
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	32	--	--	48	9	5	12
Folate, DFE	µg	32	--	--	48	9	5	12
Choline, total	mg	15.4	--	--	23.1	4.4	2.6	5.9
Vitamin B-12	µg	1.69	--	--	2.54	0.48	0.29	0.64
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	125	--	--	188	35	21	48
Retinol	µg	125	--	--	188	35	21	48
Carotene, beta	µg	3	--	--	4	1	1	1
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	422	--	--	633	120	72	160
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.27	0.05	0.03	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.6	0.1	0.1	0.2
Vitamin D3 (cholecalciferol)	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
4:0	g	0.775	1	--	1.163	0.220	0.132	0.294
6:0	g	0.573	1	--	0.859	0.162	0.097	0.218
8:0	g	0.546	1	--	0.819	0.155	0.093	0.207
10:0	g	1.977	1	--	2.966	0.560	0.336	0.751
12:0	g	1.159	1	--	1.738	0.329	0.197	0.440

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
14:0	g	2.761	1	--	4.142	0.783	0.469	1.049
16:0	g	5.151	1	--	7.726	1.460	0.876	1.957
18:0	g	1.488	1	--	2.232	0.422	0.253	0.565
Fatty acids, total monounsaturated	g	4.623	--	--	6.935	1.311	0.786	1.757
16:1 undifferentiated	g	0.385	1	--	0.578	0.109	0.065	0.146
18:1 undifferentiated	g	3.975	1	--	5.963	1.127	0.676	1.511
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.591	--	--	0.886	0.168	0.100	0.225
18:2 undifferentiated	g	0.326	1	--	0.489	0.092	0.055	0.124
18:3 undifferentiated	g	0.265	1	--	0.398	0.075	0.045	0.101
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	89	1	--	134	25	15	34
Amino Acids								
Tryptophan	g	0.200	--	--	0.300	0.057	0.034	0.076
Threonine	g	0.637	--	--	0.956	0.181	0.108	0.242
Isoleucine	g	0.803	--	--	1.205	0.228	0.137	0.305
Leucine	g	1.395	--	--	2.092	0.395	0.237	0.530
Lysine	g	1.219	--	--	1.829	0.346	0.207	0.463
Methionine	g	0.368	--	--	0.552	0.104	0.063	0.140
Cystine	g	0.083	--	--	0.125	0.024	0.014	0.032
Phenylalanine	g	0.675	--	--	1.012	0.191	0.115	0.257
Tyrosine	g	0.668	--	--	1.002	0.189	0.114	0.254
Valine	g	1.065	--	--	1.597	0.302	0.181	0.405
Arginine	g	0.470	--	--	0.705	0.133	0.080	0.179
Histidine	g	0.397	--	--	0.596	0.113	0.067	0.151
Alanine	g	0.639	--	--	0.959	0.181	0.109	0.243
Aspartic acid	g	0.779	--	--	1.169	0.221	0.132	0.296
Glutamic acid	g	2.421	--	--	3.631	0.686	0.412	0.920

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 150g	1 oz 28.35g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Glycine	g	0.097	--	--	0.146	0.027	0.016	0.037
Proline	g	1.378	--	--	2.067	0.391	0.234	0.524
Serine	g	1.169	--	--	1.753	0.331	0.199	0.444
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0