

Basic Report 01021, Cheese, gjetost

Report Date: August 16, 2017 21:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (8 oz) 227g
Proximates				
Water	g	13.44	3.81	30.51
Energy	kcal	466	132	1058
Protein	g	9.65	2.74	21.91
Total lipid (fat)	g	29.51	8.37	66.99
Carbohydrate, by difference	g	42.65	12.09	96.82
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	400	113	908
Iron, Fe	mg	0.52	0.15	1.18
Magnesium, Mg	mg	70	20	159
Phosphorus, P	mg	444	126	1008
Potassium, K	mg	1409	399	3198
Sodium, Na	mg	600	170	1362
Zinc, Zn	mg	1.14	0.32	2.59
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.315	0.089	0.715
Riboflavin	mg	1.382	0.392	3.137
Niacin	mg	0.813	0.230	1.846
Vitamin B-6	mg	0.271	0.077	0.615
Folate, DFE	µg	5	1	11
Vitamin B-12	µg	2.42	0.69	5.49
Vitamin A, RAE	µg	334	95	758
Vitamin A, IU	IU	1113	316	2527
Lipids				
Fatty acids, total saturated	g	19.160	5.432	43.493

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Fatty acids, total monounsaturated	g	7.879	2.234	17.885
Fatty acids, total polyunsaturated	g	0.938	0.266	2.129
Cholesterol	mg	94	27	213
Amino Acids				
Other				