

## Basic Report 01021, Cheese, gjetost

Report Date: March 22, 2018 15:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (8 oz) 227g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				