

Full Report (All Nutrients) 01021, Cheese, gjetost

Report Date: August 18, 2017 06:44 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 (8 oz) 227g
Proximates						
Water	g	13.44	8	--	3.81	30.51
Energy	kcal	466	--	--	132	1058
Energy	kJ	1948	--	--	552	4422
Protein	g	9.65	2	--	2.74	21.91
Total lipid (fat)	g	29.51	3	0.267	8.37	66.99
Ash	g	4.75	2	--	1.35	10.78
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	1	--	113	908
Iron, Fe	mg	0.52	--	--	0.15	1.18
Magnesium, Mg	mg	70	--	--	20	159
Phosphorus, P	mg	444	1	--	126	1008
Potassium, K	mg	1409	--	--	399	3198
Sodium, Na	mg	600	1	--	170	1362
Zinc, Zn	mg	1.14	--	--	0.32	2.59
Copper, Cu	mg	0.080	--	--	0.023	0.182
Manganese, Mn	mg	0.040	--	--	0.011	0.091
Selenium, Se	µg	14.5	--	--	4.1	32.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.315	--	--	0.089	0.715

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Riboflavin	mg	1.382	--	--	0.392	3.137
Niacin	mg	0.813	5	0.000	0.230	1.846
Pantothenic acid	mg	3.351	--	--	0.950	7.607
Vitamin B-6	mg	0.271	--	--	0.077	0.615
Folate, total	µg	5	8	0.849	1	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	8	0.849	1	11
Folate, DFE	µg	5	--	--	1	11
Vitamin B-12	µg	2.42	--	--	0.69	5.49
Vitamin A, RAE	µg	334	--	--	95	758
Retinol	µg	334	--	--	95	758
Vitamin A, IU	IU	1113	--	--	316	2527
Lipids						
Fatty acids, total saturated	g	19.160	--	--	5.432	43.493
4:0	g	0.957	1	--	0.271	2.172
6:0	g	0.566	1	--	0.160	1.285
8:0	g	0.330	1	--	0.094	0.749
10:0	g	0.576	1	--	0.163	1.308
12:0	g	0.831	1	--	0.236	1.886
14:0	g	3.270	1	--	0.927	7.423
16:0	g	8.662	1	--	2.456	19.663
18:0	g	3.477	1	--	0.986	7.893
Fatty acids, total monounsaturated	g	7.879	--	--	2.234	17.885
16:1 undifferentiated	g	0.534	1	--	0.151	1.212
18:1 undifferentiated	g	6.955	1	--	1.972	15.788
Fatty acids, total polyunsaturated	g	0.938	--	--	0.266	2.129
18:2 undifferentiated	g	0.508	1	--	0.144	1.153
18:3 undifferentiated	g	0.429	1	--	0.122	0.974
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	94	--	--	27	213
Amino Acids						
Tryptophan	g	0.135	--	--	0.038	0.306
Threonine	g	0.393	--	--	0.111	0.892

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Isoleucine	g	0.519	--	--	0.147	1.178
Leucine	g	0.992	--	--	0.281	2.252
Lysine	g	0.814	--	--	0.231	1.848
Methionine	g	0.318	--	--	0.090	0.722
Cystine	g	0.057	--	--	0.016	0.129
Phenylalanine	g	0.540	--	--	0.153	1.226
Tyrosine	g	0.541	--	--	0.153	1.228
Valine	g	0.765	--	--	0.217	1.737
Arginine	g	0.330	--	--	0.094	0.749
Histidine	g	0.293	--	--	0.083	0.665
Alanine	g	0.325	--	--	0.092	0.738
Aspartic acid	g	0.709	--	--	0.201	1.609
Glutamic acid	g	1.987	--	--	0.563	4.510
Glycine	g	0.189	--	--	0.054	0.429
Proline	g	1.180	--	--	0.335	2.679
Serine	g	0.470	--	--	0.133	1.067
Other						