

## Basic Report 01022, Cheese, gouda

Report Date: December 11, 2017 13:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (7 oz) 198g
<b>Proximates</b>				
Water	g	41.46	11.75	82.09
Energy	kcal	356	101	705
Protein	g	24.94	7.07	49.38
Total lipid (fat)	g	27.44	7.78	54.33
Carbohydrate, by difference	g	2.22	0.63	4.40
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.22	0.63	4.40
<b>Minerals</b>				
Calcium, Ca	mg	700	198	1386
Iron, Fe	mg	0.24	0.07	0.48
Magnesium, Mg	mg	29	8	57
Phosphorus, P	mg	546	155	1081
Potassium, K	mg	121	34	240
Sodium, Na	mg	819	232	1622
Zinc, Zn	mg	3.90	1.11	7.72
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.059
Riboflavin	mg	0.334	0.095	0.661
Niacin	mg	0.063	0.018	0.125
Vitamin B-6	mg	0.080	0.023	0.158
Folate, DFE	µg	21	6	42
Vitamin B-12	µg	1.54	0.44	3.05
Vitamin A, RAE	µg	165	47	327
Vitamin A, IU	IU	563	160	1115
Vitamin E (alpha-tocopherol)	mg	0.24	0.07	0.48

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Vitamin D (D2 + D3)	µg	0.5	0.1	1.0
Vitamin D	IU	20	6	40
Vitamin K (phylloquinone)	µg	2.3	0.7	4.6
<b>Lipids</b>				
Fatty acids, total saturated	g	17.614	4.994	34.876
Fatty acids, total monounsaturated	g	7.747	2.196	15.339
Fatty acids, total polyunsaturated	g	0.657	0.186	1.301
Cholesterol	mg	114	32	226
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0