

Basic Report 01022, Cheese, gouda

Report Date: July 17, 2019 23:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (7 oz) 198g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0