

## Full Report (All Nutrients) 01022, Cheese, gouda

Report Date: December 12, 2017 22:19 EST

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 (7 oz) 198g
<b>Proximates</b>						
Water	g	41.46	20	0.374	11.75	82.09
Energy	kcal	356	--	--	101	705
Energy	kJ	1491	--	--	423	2952
Protein	g	24.94	6	0.193	7.07	49.38
Total lipid (fat)	g	27.44	13	0.564	7.78	54.33
Ash	g	3.94	7	0.124	1.12	7.80
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	8	29.984	198	1386
Iron, Fe	mg	0.24	1	--	0.07	0.48
Magnesium, Mg	mg	29	1	--	8	57
Phosphorus, P	mg	546	7	21.530	155	1081
Potassium, K	mg	121	8	--	34	240
Sodium, Na	mg	819	3	--	232	1622
Zinc, Zn	mg	3.90	1	--	1.11	7.72
Copper, Cu	mg	0.036	--	--	0.010	0.071
Manganese, Mn	mg	0.011	--	--	0.003	0.022
Selenium, Se	µg	14.5	--	--	4.1	28.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin	mg	0.030	1	--	0.009	0.059
Riboflavin	mg	0.334	5	0.014	0.095	0.661
Niacin	mg	0.063	10	0.015	0.018	0.125
Pantothenic acid	mg	0.340	15	0.052	0.096	0.673
Vitamin B-6	mg	0.080	20	0.005	0.023	0.158
Folate, total	µg	21	20	2.594	6	42
Folic acid	µg	0	--	--	0	0
Folate, food	µg	21	20	2.594	6	42
Folate, DFE	µg	21	--	--	6	42
Choline, total	mg	15.4	--	--	4.4	30.5
Vitamin B-12	µg	1.54	--	--	0.44	3.05
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	165	--	--	47	327
Retinol	µg	164	--	--	46	325
Carotene, beta	µg	10	--	--	3	20
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	563	--	--	160	1115
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.07	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	1.0
Vitamin D3 (cholecalciferol)	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
4:0	g	0.999	1	--	0.283	1.978
6:0	g	0.640	1	--	0.181	1.267
8:0	g	0.427	1	--	0.121	0.845
10:0	g	0.918	1	--	0.260	1.818
12:0	g	1.211	1	--	0.343	2.398

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14:0	g	3.040	1	--	0.862	6.019
16:0	g	6.851	1	--	1.942	13.565
18:0	g	2.918	1	--	0.827	5.778
Fatty acids, total monounsaturated	g	7.747	--	--	2.196	15.339
16:1 undifferentiated	g	0.889	1	--	0.252	1.760
18:1 undifferentiated	g	6.388	1	--	1.811	12.648
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.657	--	--	0.186	1.301
18:2 undifferentiated	g	0.263	1	--	0.075	0.521
18:3 undifferentiated	g	0.394	1	--	0.112	0.780
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	114	1	--	32	226
<b>Amino Acids</b>						
Tryptophan	g	0.352	--	--	0.100	0.697
Threonine	g	0.930	--	--	0.264	1.841
Isoleucine	g	1.306	--	--	0.370	2.586
Leucine	g	2.564	--	--	0.727	5.077
Lysine	g	2.654	--	--	0.752	5.255
Methionine	g	0.719	--	--	0.204	1.424
Cystine	g	0.254	--	--	0.072	0.503
Phenylalanine	g	1.431	--	--	0.406	2.833
Tyrosine	g	1.454	--	--	0.412	2.879
Valine	g	1.806	--	--	0.512	3.576
Arginine	g	0.962	--	--	0.273	1.905
Histidine	g	1.032	--	--	0.293	2.043
Alanine	g	0.762	--	--	0.216	1.509
Aspartic acid	g	1.743	--	--	0.494	3.451
Glutamic acid	g	6.137	--	--	1.740	12.151

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Glycine	g	0.485	--	--	0.137	0.960
Proline	g	3.245	--	--	0.920	6.425
Serine	g	1.544	--	--	0.438	3.057
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0