

Basic Report 01024, Cheese, limburger
Report Date: February 20, 2018 14:01 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 134g | 1 oz 28.35g | 1 cubic inch 18g | 1 box 113g | 1 package (8 oz) 227g |
|--------------------------------|------|------------------------|---------------|----------------|---------------------|---------------|--------------------------|
| Proximates | | | | | | | |
| Water | g | 48.42 | 64.88 | 13.73 | 8.72 | 54.71 | 109.91 |
| Energy | kcal | 327 | 438 | 93 | 59 | 370 | 742 |
| Protein | g | 20.05 | 26.87 | 5.68 | 3.61 | 22.66 | 45.51 |
| Total lipid (fat) | g | 27.25 | 36.52 | 7.73 | 4.91 | 30.79 | 61.86 |
| Carbohydrate, by difference | g | 0.49 | 0.66 | 0.14 | 0.09 | 0.55 | 1.11 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.49 | 0.66 | 0.14 | 0.09 | 0.55 | 1.11 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 497 | 666 | 141 | 89 | 562 | 1128 |
| Iron, Fe | mg | 0.13 | 0.17 | 0.04 | 0.02 | 0.15 | 0.30 |
| Magnesium, Mg | mg | 21 | 28 | 6 | 4 | 24 | 48 |
| Phosphorus, P | mg | 393 | 527 | 111 | 71 | 444 | 892 |
| Potassium, K | mg | 128 | 172 | 36 | 23 | 145 | 291 |
| Sodium, Na | mg | 800 | 1072 | 227 | 144 | 904 | 1816 |
| Zinc, Zn | mg | 2.10 | 2.81 | 0.60 | 0.38 | 2.37 | 4.77 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.080 | 0.107 | 0.023 | 0.014 | 0.090 | 0.182 |
| Riboflavin | mg | 0.503 | 0.674 | 0.143 | 0.091 | 0.568 | 1.142 |
| Niacin | mg | 0.158 | 0.212 | 0.045 | 0.028 | 0.179 | 0.359 |
| Vitamin B-6 | mg | 0.086 | 0.115 | 0.024 | 0.015 | 0.097 | 0.195 |
| Folate, DFE | µg | 58 | 78 | 16 | 10 | 66 | 132 |
| Vitamin B-12 | µg | 1.04 | 1.39 | 0.29 | 0.19 | 1.18 | 2.36 |
| Vitamin A, RAE | µg | 340 | 456 | 96 | 61 | 384 | 772 |
| Vitamin A, IU | IU | 1155 | 1548 | 327 | 208 | 1305 | 2622 |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | 0.31 | 0.07 | 0.04 | 0.26 | 0.52 |

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| Vitamin D (D2 + D3) | µg | 0.5 | 0.7 | 0.1 | 0.1 | 0.6 | 1.1 |
| Vitamin D | IU | 20 | 27 | 6 | 4 | 23 | 45 |
| Vitamin K (phylloquinone) | µg | 2.3 | 3.1 | 0.7 | 0.4 | 2.6 | 5.2 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 16.746 | 22.440 | 4.747 | 3.014 | 18.923 | 38.013 |
| Fatty acids, total monounsaturated | g | 8.606 | 11.532 | 2.440 | 1.549 | 9.725 | 19.536 |
| Fatty acids, total polyunsaturated | g | 0.495 | 0.663 | 0.140 | 0.089 | 0.559 | 1.124 |
| Cholesterol | mg | 90 | 121 | 26 | 16 | 102 | 204 |
| Amino Acids | | | | | | | |
| Other | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 |