

Basic Report 01024, Cheese, limburger
Report Date: June 27, 2017 01:09 EDT

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