

**Basic Report 01024, Cheese, limburger**
**Report Date: October 18, 2017 05:17 EDT**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>134g | 1 oz<br>28.35g | 1 cubic inch<br>18g | 1 box<br>113g | 1 package (8 oz)<br>227g |
|--------------------------------|------|------------------------|---------------|----------------|---------------------|---------------|--------------------------|
| <b>Proximates</b>              |      |                        |               |                |                     |               |                          |
| 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                     |
| <b>Minerals</b>                |      |                        |               |                |                     |               |                          |
| 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                     |
| <b>Vitamins</b>                |      |                        |               |                |                     |               |                          |
| 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                      |
| <b>Lipids</b>                      |      |                     |               |                |                     |               |                          |
| 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                      |
| <b>Amino Acids</b>                 |      |                     |               |                |                     |               |                          |
| <b>Other</b>                       |      |                     |               |                |                     |               |                          |
| Caffeine                           | mg   | 0                   | 0             | 0              | 0                   | 0             | 0                        |