

Full Report (All Nutrients) 01024, Cheese, limburger

Report Date: June 23, 2017 23:35 EDT

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 cup 134g	1 oz 28.35g	1 cubic inch 18g	1 box 113g	1 package (8 oz) 227g
Proximates									
Water	g	48.42	26	--	64.88	13.73	8.72	54.71	109.91
Energy	kcal	327	--	--	438	93	59	370	742
Energy	kJ	1368	--	--	1833	388	246	1546	3105
Protein	g	20.05	4	0.487	26.87	5.68	3.61	22.66	45.51
Total lipid (fat)	g	27.25	6	0.313	36.52	7.73	4.91	30.79	61.86
Ash	g	3.79	4	0.088	5.08	1.07	0.68	4.28	8.60
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	3	100.812	666	141	89	562	1128
Iron, Fe	mg	0.13	1	--	0.17	0.04	0.02	0.15	0.30
Magnesium, Mg	mg	21	1	--	28	6	4	24	48
Phosphorus, P	mg	393	2	--	527	111	71	444	892
Potassium, K	mg	128	1	--	172	36	23	145	291
Sodium, Na	mg	800	1	--	1072	227	144	904	1816
Zinc, Zn	mg	2.10	1	--	2.81	0.60	0.38	2.37	4.77
Copper, Cu	mg	0.021	--	--	0.028	0.006	0.004	0.024	0.048
Manganese, Mn	mg	0.038	--	--	0.051	0.011	0.007	0.043	0.086
Selenium, Se	µg	14.5	--	--	19.4	4.1	2.6	16.4	32.9
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.080	1	--	0.107	0.023	0.014	0.090	0.182
Riboflavin	mg	0.503	3	0.102	0.674	0.143	0.091	0.568	1.142
Niacin	mg	0.158	12	0.016	0.212	0.045	0.028	0.179	0.359
Pantothenic acid	mg	1.177	16	0.166	1.577	0.334	0.212	1.330	2.672
Vitamin B-6	mg	0.086	23	0.007	0.115	0.024	0.015	0.097	0.195
Folate, total	µg	58	25	5.300	78	16	10	66	132
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	58	25	5.300	78	16	10	66	132
Folate, DFE	µg	58	--	--	78	16	10	66	132
Choline, total	mg	15.4	--	--	20.6	4.4	2.8	17.4	35.0
Vitamin B-12	µg	1.04	1	--	1.39	0.29	0.19	1.18	2.36
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	340	--	--	456	96	61	384	772
Retinol	µg	339	--	--	454	96	61	383	770
Carotene, beta	µg	15	--	--	20	4	3	17	34
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	1155	--	--	1548	327	208	1305	2622
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.31	0.07	0.04	0.26	0.52
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.1	0.1	0.6	1.1
Vitamin D3 (cholecalciferol)	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
4:0	g	0.803	1	--	1.076	0.228	0.145	0.907	1.823
6:0	g	0.489	1	--	0.655	0.139	0.088	0.553	1.110
8:0	g	0.275	1	--	0.368	0.078	0.050	0.311	0.624
10:0	g	0.481	1	--	0.645	0.136	0.087	0.544	1.092
12:0	g	0.870	1	--	1.166	0.247	0.157	0.983	1.975

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14:0	g	2.787	1	--	3.735	0.790	0.502	3.149	6.326
16:0	g	7.401	1	--	9.917	2.098	1.332	8.363	16.800
18:0	g	3.054	1	--	4.092	0.866	0.550	3.451	6.933
Fatty acids, total monounsaturated	g	8.606	--	--	11.532	2.440	1.549	9.725	19.536
16:1 undifferentiated	g	1.013	1	--	1.357	0.287	0.182	1.145	2.300
18:1 undifferentiated	g	7.179	1	--	9.620	2.035	1.292	8.112	16.296
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.495	--	--	0.663	0.140	0.089	0.559	1.124
18:2 undifferentiated	g	0.339	1	--	0.454	0.096	0.061	0.383	0.770
18:3 undifferentiated	g	0.156	1	--	0.209	0.044	0.028	0.176	0.354
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	90	1	--	121	26	16	102	204
Amino Acids									
Tryptophan	g	0.289	--	--	0.387	0.082	0.052	0.327	0.656
Threonine	g	0.739	--	--	0.990	0.210	0.133	0.835	1.678
Isoleucine	g	1.219	--	--	1.633	0.346	0.219	1.377	2.767
Leucine	g	2.093	--	--	2.805	0.593	0.377	2.365	4.751
Lysine	g	1.675	--	--	2.245	0.475	0.302	1.893	3.802
Methionine	g	0.619	--	--	0.829	0.175	0.111	0.699	1.405
Cystine	g	0.110	--	--	0.147	0.031	0.020	0.124	0.250
Phenylalanine	g	1.116	--	--	1.495	0.316	0.201	1.261	2.533
Tyrosine	g	1.197	--	--	1.604	0.339	0.215	1.353	2.717
Valine	g	1.439	--	--	1.928	0.408	0.259	1.626	3.267
Arginine	g	0.698	--	--	0.935	0.198	0.126	0.789	1.584
Histidine	g	0.578	--	--	0.775	0.164	0.104	0.653	1.312
Alanine	g	0.666	--	--	0.892	0.189	0.120	0.753	1.512
Aspartic acid	g	1.477	--	--	1.979	0.419	0.266	1.669	3.353
Glutamic acid	g	4.510	--	--	6.043	1.279	0.812	5.096	10.238

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Glycine	g	0.409	--	--	0.548	0.116	0.074	0.462	0.928
Proline	g	2.439	--	--	3.268	0.691	0.439	2.756	5.537
Serine	g	1.144	--	--	1.533	0.324	0.206	1.293	2.597
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0