

Basic Report 01031, Cheese, neufchatel

Report Date: October 23, 2017 00:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (3 oz) 85g
Proximates				
Water	g	63.11	17.89	53.64
Energy	kcal	253	72	215
Protein	g	9.15	2.59	7.78
Total lipid (fat)	g	22.78	6.46	19.36
Carbohydrate, by difference	g	3.59	1.02	3.05
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	3.19	0.90	2.71
Minerals				
Calcium, Ca	mg	117	33	99
Iron, Fe	mg	0.13	0.04	0.11
Magnesium, Mg	mg	10	3	8
Phosphorus, P	mg	138	39	117
Potassium, K	mg	152	43	129
Sodium, Na	mg	334	95	284
Zinc, Zn	mg	0.82	0.23	0.70
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.022	0.006	0.019
Riboflavin	mg	0.155	0.044	0.132
Niacin	mg	0.210	0.060	0.178
Vitamin B-6	mg	0.041	0.012	0.035
Folate, DFE	µg	14	4	12
Vitamin B-12	µg	0.30	0.09	0.26
Vitamin A, RAE	µg	241	68	205
Vitamin A, IU	IU	841	238	715
Vitamin E (alpha-tocopherol)	mg	0.40	0.11	0.34

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Vitamin K (phylloquinone)	µg	1.7	0.5	1.4
Lipids				
Fatty acids, total saturated	g	12.790	3.626	10.871
Fatty acids, total monounsaturated	g	5.784	1.640	4.916
Fatty acids, total polyunsaturated	g	0.970	0.275	0.825
Cholesterol	mg	74	21	63
Amino Acids				
Other				