

## Basic Report 01031, Cheese, neufchatel

Report Date: May 24, 2017 03:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (3 oz) 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				