

Basic Report 01032, Cheese, parmesan, grated

Report Date: December 12, 2017 07:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 100g	1 tbsp 5g	1 oz 28.35g
Proximates					
Water	g	22.65	22.65	1.13	6.42
Energy	kcal	420	420	21	119
Protein	g	28.42	28.42	1.42	8.06
Total lipid (fat)	g	27.84	27.84	1.39	7.89
Carbohydrate, by difference	g	13.91	13.91	0.70	3.94
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.07	0.07	0.00	0.02
Minerals					
Calcium, Ca	mg	853	853	43	242
Iron, Fe	mg	0.49	0.49	0.02	0.14
Magnesium, Mg	mg	34	34	2	10
Phosphorus, P	mg	627	627	31	178
Potassium, K	mg	180	180	9	51
Sodium, Na	mg	1804	1804	90	511
Zinc, Zn	mg	4.20	4.20	0.21	1.19
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.026	0.026	0.001	0.007
Riboflavin	mg	0.358	0.358	0.018	0.101
Niacin	mg	0.080	0.080	0.004	0.023
Vitamin B-6	mg	0.081	0.081	0.004	0.023
Folate, DFE	µg	6	6	0	2
Vitamin B-12	µg	1.40	1.40	0.07	0.40
Vitamin A, RAE	µg	262	262	13	74
Vitamin A, IU	IU	974	974	49	276
Vitamin E (alpha-tocopherol)	mg	0.53	0.53	0.03	0.15

Nutrient	Unit	1 Value Per100 g	1 cup 100g	1 tbsp 5g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.5	0.5	0.0	0.1
Vitamin D	IU	21	21	1	6
Vitamin K (phylloquinone)	µg	1.7	1.7	0.1	0.5
Lipids					
Fatty acids, total saturated	g	15.371	15.371	0.769	4.358
Fatty acids, total monounsaturated	g	7.130	7.130	0.356	2.021
Fatty acids, total polyunsaturated	g	1.386	1.386	0.069	0.393
Fatty acids, total trans	g	0.876	0.876	0.044	0.248
Cholesterol	mg	86	86	4	24
Amino Acids					
Other					
Caffeine	mg	0	0	0	0