

## Basic Report 01033, Cheese, parmesan, hard

Report Date: August 22, 2017 18:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cubic inch 10.3g	5.0 package (5 oz) 142g
<b>Proximates</b>					
Water	g	29.16	8.27	3.00	41.41
Energy	kcal	392	111	40	557
Protein	g	35.75	10.14	3.68	50.77
Total lipid (fat)	g	25.83	7.32	2.66	36.68
Carbohydrate, by difference	g	3.22	0.91	0.33	4.57
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.80	0.23	0.08	1.14
<b>Minerals</b>					
Calcium, Ca	mg	1184	336	122	1681
Iron, Fe	mg	0.82	0.23	0.08	1.16
Magnesium, Mg	mg	44	12	5	62
Phosphorus, P	mg	694	197	71	985
Potassium, K	mg	92	26	9	131
Sodium, Na	mg	1376	390	142	1954
Zinc, Zn	mg	2.75	0.78	0.28	3.90
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.039	0.011	0.004	0.055
Riboflavin	mg	0.332	0.094	0.034	0.471
Niacin	mg	0.271	0.077	0.028	0.385
Vitamin B-6	mg	0.091	0.026	0.009	0.129
Folate, DFE	µg	7	2	1	10
Vitamin B-12	µg	1.20	0.34	0.12	1.70
Vitamin A, RAE	µg	207	59	21	294
Vitamin A, IU	IU	781	221	80	1109
Vitamin E (alpha-tocopherol)	mg	0.22	0.06	0.02	0.31

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.1	0.7
Vitamin D	IU	19	5	2	27
Vitamin K (phylloquinone)	µg	1.7	0.5	0.2	2.4
<b>Lipids</b>					
Fatty acids, total saturated	g	16.410	4.652	1.690	23.302
Fatty acids, total monounsaturated	g	7.515	2.131	0.774	10.671
Fatty acids, total polyunsaturated	g	0.569	0.161	0.059	0.808
Cholesterol	mg	68	19	7	97
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0