

Basic Report 01033, Cheese, parmesan, hard

Report Date: June 28, 2017 03:15 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
Proximates					
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
Minerals					
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
Vitamins					
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0