

## Basic Report 01038, Cheese, romano

Report Date: August 16, 2017 15:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	5.0 package (5 oz) 142g
<b>Proximates</b>				
Water	g	30.91	8.76	43.89
Energy	kcal	387	110	550
Protein	g	31.80	9.02	45.16
Total lipid (fat)	g	26.94	7.64	38.25
Carbohydrate, by difference	g	3.63	1.03	5.15
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.73	0.21	1.04
<b>Minerals</b>				
Calcium, Ca	mg	1064	302	1511
Iron, Fe	mg	0.77	0.22	1.09
Magnesium, Mg	mg	41	12	58
Phosphorus, P	mg	760	215	1079
Potassium, K	mg	86	24	122
Sodium, Na	mg	1433	406	2035
Zinc, Zn	mg	2.58	0.73	3.66
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.037	0.010	0.053
Riboflavin	mg	0.370	0.105	0.525
Niacin	mg	0.077	0.022	0.109
Vitamin B-6	mg	0.085	0.024	0.121
Folate, DFE	µg	7	2	10
Vitamin B-12	µg	1.12	0.32	1.59
Vitamin A, RAE	µg	96	27	136
Vitamin A, IU	IU	415	118	589
Vitamin E (alpha-tocopherol)	mg	0.23	0.07	0.33

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.7
Vitamin D	IU	20	6	28
Vitamin K (phylloquinone)	µg	2.2	0.6	3.1
<b>Lipids</b>				
Fatty acids, total saturated	g	17.115	4.852	24.303
Fatty acids, total monounsaturated	g	7.838	2.222	11.130
Fatty acids, total polyunsaturated	g	0.593	0.168	0.842
Cholesterol	mg	104	29	148
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0