

Basic Report 01038, Cheese, romano

Report Date: March 22, 2018 23:05 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0