

## Basic Report 01039, Cheese, roquefort

Report Date: February 20, 2018 04:19 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (3 oz) 85g
<b>Proximates</b>				
Water	g	39.38	11.16	33.47
Energy	kcal	369	105	314
Protein	g	21.54	6.11	18.31
Total lipid (fat)	g	30.64	8.69	26.04
Carbohydrate, by difference	g	2.00	0.57	1.70
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	662	188	563
Iron, Fe	mg	0.56	0.16	0.48
Magnesium, Mg	mg	30	9	26
Phosphorus, P	mg	392	111	333
Potassium, K	mg	91	26	77
Sodium, Na	mg	1809	513	1538
Zinc, Zn	mg	2.08	0.59	1.77
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.040	0.011	0.034
Riboflavin	mg	0.586	0.166	0.498
Niacin	mg	0.734	0.208	0.624
Vitamin B-6	mg	0.124	0.035	0.105
Folate, DFE	µg	49	14	42
Vitamin B-12	µg	0.64	0.18	0.54
Vitamin A, RAE	µg	294	83	250
Vitamin A, IU	IU	1047	297	890
<b>Lipids</b>				
Fatty acids, total saturated	g	19.263	5.461	16.374

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Fatty acids, total monounsaturated	g	8.474	2.402	7.203
Fatty acids, total polyunsaturated	g	1.320	0.374	1.122
Cholesterol	mg	90	26	76
<b>Amino Acids</b>				
<b>Other</b>				