

Basic Report 01039, Cheese, roquefort

Report Date: June 22, 2017 20:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (3 oz) 85g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
Fatty acids, total saturated	g	19.263	5.461	16.374

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (3 oz) 85g
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

Amino Acids

Other