

Basic Report 01004, Cheese, blue

Report Date: May 23, 2017 06:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cubic inch 17g	1 cup, crumbled, not packed 135g
Proximates					
Water	g	42.41	12.02	7.21	57.25
Energy	kcal	353	100	60	477
Protein	g	21.40	6.07	3.64	28.89
Total lipid (fat)	g	28.74	8.15	4.89	38.80
Carbohydrate, by difference	g	2.34	0.66	0.40	3.16
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.50	0.14	0.09	0.68
Minerals					
Calcium, Ca	mg	528	150	90	713
Iron, Fe	mg	0.31	0.09	0.05	0.42
Magnesium, Mg	mg	23	7	4	31
Phosphorus, P	mg	387	110	66	522
Potassium, K	mg	256	73	44	346
Sodium, Na	mg	1146	325	195	1547
Zinc, Zn	mg	2.66	0.75	0.45	3.59
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.029	0.008	0.005	0.039
Riboflavin	mg	0.382	0.108	0.065	0.516
Niacin	mg	1.016	0.288	0.173	1.372
Vitamin B-6	mg	0.166	0.047	0.028	0.224
Folate, DFE	µg	36	10	6	49
Vitamin B-12	µg	1.22	0.35	0.21	1.65
Vitamin A, RAE	µg	198	56	34	267
Vitamin A, IU	IU	721	204	123	973
Vitamin E (alpha-tocopherol)	mg	0.25	0.07	0.04	0.34

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.1	0.7
Vitamin D	IU	21	6	4	28
Vitamin K (phylloquinone)	µg	2.4	0.7	0.4	3.2
Lipids					
Fatty acids, total saturated	g	18.669	5.293	3.174	25.203
Fatty acids, total monounsaturated	g	7.778	2.205	1.322	10.500
Fatty acids, total polyunsaturated	g	0.800	0.227	0.136	1.080
Cholesterol	mg	75	21	13	101
Amino Acids					
Other					
Caffeine	mg	0	0	0	0