

## Basic Report 01004, Cheese, blue

Report Date: August 20, 2017 09:41 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>	<b>1 cubic inch 17g</b>	<b>1 cup, crumbled, not packed 135g</b>
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0