

Full Report (All Nutrients) 01004, Cheese, blue

Report Date: October 24, 2017 01:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 17g	1 cup, crumbled, not packed 135g
Proximates							
Water	g	42.41	29	0.649	12.02	7.21	57.25
Energy	kcal	353	--	--	100	60	477
Energy	kJ	1477	--	--	419	251	1994
Protein	g	21.40	19	0.339	6.07	3.64	28.89
Total lipid (fat)	g	28.74	20	0.399	8.15	4.89	38.80
Ash	g	5.11	15	0.138	1.45	0.87	6.90
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	17	21.680	150	90	713
Iron, Fe	mg	0.31	4	0.010	0.09	0.05	0.42
Magnesium, Mg	mg	23	11	0.724	7	4	31
Phosphorus, P	mg	387	12	8.294	110	66	522
Potassium, K	mg	256	12	41.094	73	44	346
Sodium, Na	mg	1146	--	--	325	195	1547
Zinc, Zn	mg	2.66	4	0.065	0.75	0.45	3.59
Copper, Cu	mg	0.040	--	--	0.011	0.007	0.054
Manganese, Mn	mg	0.009	--	--	0.003	0.002	0.012
Selenium, Se	µg	14.5	--	--	4.1	2.5	19.6
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

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Thiamin	mg	0.029	11	0.006	0.008	0.005	0.039
Riboflavin	mg	0.382	16	0.022	0.108	0.065	0.516
Niacin	mg	1.016	44	0.097	0.288	0.173	1.372
Pantothenic acid	mg	1.729	16	0.178	0.490	0.294	2.334
Vitamin B-6	mg	0.166	32	0.012	0.047	0.028	0.224
Folate, total	µg	36	34	0.892	10	6	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	36	34	0.892	10	6	49
Folate, DFE	µg	36	--	--	10	6	49
Choline, total	mg	15.4	--	--	4.4	2.6	20.8
Vitamin B-12	µg	1.22	22	0.113	0.35	0.21	1.65
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	198	--	--	56	34	267
Retinol	µg	192	--	--	54	33	259
Carotene, beta	µg	74	--	--	21	13	100
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	721	13	54.691	204	123	973
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.07	0.04	0.34
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.1	0.7
Vitamin D3 (cholecalciferol)	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
4:0	g	0.658	2	--	0.187	0.112	0.888
6:0	g	0.361	2	--	0.102	0.061	0.487
8:0	g	0.247	10	0.020	0.070	0.042	0.333
10:0	g	0.601	10	0.035	0.170	0.102	0.811
12:0	g	0.491	10	0.074	0.139	0.083	0.663

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 17g	1 cup, crumbled, not packed 135g
14:0	g	3.301	10	0.102	0.936	0.561	4.456
16:0	g	9.153	10	0.296	2.595	1.556	12.357
18:0	g	3.235	10	0.152	0.917	0.550	4.367
Fatty acids, total monounsaturated	g	7.778	--	--	2.205	1.322	10.500
16:1 undifferentiated	g	0.816	10	0.103	0.231	0.139	1.102
18:1 undifferentiated	g	6.622	10	0.175	1.877	1.126	8.940
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.800	--	--	0.227	0.136	1.080
18:2 undifferentiated	g	0.536	10	0.056	0.152	0.091	0.724
18:3 undifferentiated	g	0.264	9	0.030	0.075	0.045	0.356
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	75	4	5.349	21	13	101
Amino Acids							
Tryptophan	g	0.312	--	--	0.088	0.053	0.421
Threonine	g	0.785	--	--	0.223	0.133	1.060
Isoleucine	g	1.124	--	--	0.319	0.191	1.517
Leucine	g	1.919	--	--	0.544	0.326	2.591
Lysine	g	1.852	--	--	0.525	0.315	2.500
Methionine	g	0.584	--	--	0.166	0.099	0.788
Cystine	g	0.107	--	--	0.030	0.018	0.144
Phenylalanine	g	1.087	--	--	0.308	0.185	1.467
Tyrosine	g	1.295	--	--	0.367	0.220	1.748
Valine	g	1.556	--	--	0.441	0.265	2.101
Arginine	g	0.711	--	--	0.202	0.121	0.960
Histidine	g	0.758	--	--	0.215	0.129	1.023
Alanine	g	0.644	--	--	0.183	0.109	0.869
Aspartic acid	g	1.436	--	--	0.407	0.244	1.939
Glutamic acid	g	5.179	--	--	1.468	0.880	6.992

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Glycine	g	0.406	--	--	0.115	0.069	0.548
Proline	g	2.100	--	--	0.595	0.357	2.835
Serine	g	1.120	--	--	0.318	0.190	1.512
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0