

Basic Report 01006, Cheese, brie

Report Date: August 22, 2017 18:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup, sliced 144g	1 cup, melted 240g	1 cubic inch 17g	1 package (4.5 oz) 128g
Proximates							
Water	g	48.42	13.73	69.72	116.21	8.23	61.98
Energy	kcal	334	95	481	802	57	428
Protein	g	20.75	5.88	29.88	49.80	3.53	26.56
Total lipid (fat)	g	27.68	7.85	39.86	66.43	4.71	35.43
Carbohydrate, by difference	g	0.45	0.13	0.65	1.08	0.08	0.58
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.45	0.13	0.65	1.08	0.08	0.58
Minerals							
Calcium, Ca	mg	184	52	265	442	31	236
Iron, Fe	mg	0.50	0.14	0.72	1.20	0.09	0.64
Magnesium, Mg	mg	20	6	29	48	3	26
Phosphorus, P	mg	188	53	271	451	32	241
Potassium, K	mg	152	43	219	365	26	195
Sodium, Na	mg	629	178	906	1510	107	805
Zinc, Zn	mg	2.38	0.67	3.43	5.71	0.40	3.05
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.070	0.020	0.101	0.168	0.012	0.090
Riboflavin	mg	0.520	0.147	0.749	1.248	0.088	0.666
Niacin	mg	0.380	0.108	0.547	0.912	0.065	0.486
Vitamin B-6	mg	0.235	0.067	0.338	0.564	0.040	0.301
Folate, DFE	µg	65	18	94	156	11	83
Vitamin B-12	µg	1.65	0.47	2.38	3.96	0.28	2.11
Vitamin A, RAE	µg	174	49	251	418	30	223
Vitamin A, IU	IU	592	168	852	1421	101	758
Vitamin E (alpha-tocopherol)	mg	0.24	0.07	0.35	0.58	0.04	0.31

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.7	1.2	0.1	0.6
Vitamin D	IU	20	6	29	48	3	26
Vitamin K (phylloquinone)	µg	2.3	0.7	3.3	5.5	0.4	2.9
Lipids							
Fatty acids, total saturated	g	17.410	4.936	25.070	41.784	2.960	22.285
Fatty acids, total monounsaturated	g	8.013	2.272	11.539	19.231	1.362	10.257
Fatty acids, total polyunsaturated	g	0.826	0.234	1.189	1.982	0.140	1.057
Cholesterol	mg	100	28	144	240	17	128
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0