

## Full Report (All Nutrients) 01007, Cheese, camembert

Report Date: March 22, 2018 15:22 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 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
<b>Proximates</b>								
Water	g	51.80	14	0.493	14.69	127.43	8.81	19.68
Energy	kcal	300	--	--	85	738	51	114
Energy	kJ	1253	--	--	355	3082	213	476
Protein	g	19.80	12	0.367	5.61	48.71	3.37	7.52
Total lipid (fat)	g	24.26	13	0.608	6.88	59.68	4.12	9.22
Ash	g	3.68	8	0.135	1.04	9.05	0.63	1.40
Carbohydrate, by difference	g	0.46	--	--	0.13	1.13	0.08	0.17
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.46	--	--	0.13	1.13	0.08	0.17
<b>Minerals</b>								
Calcium, Ca	mg	388	11	52.899	110	954	66	147
Iron, Fe	mg	0.33	5	0.065	0.09	0.81	0.06	0.13
Magnesium, Mg	mg	20	10	1.484	6	49	3	8
Phosphorus, P	mg	347	10	20.812	98	854	59	132
Potassium, K	mg	187	9	21.500	53	460	32	71
Sodium, Na	mg	842	10	62.440	239	2071	143	320
Zinc, Zn	mg	2.38	4	0.294	0.67	5.85	0.40	0.90
Copper, Cu	mg	0.021	--	--	0.006	0.052	0.004	0.008
Manganese, Mn	mg	0.038	--	--	0.011	0.093	0.006	0.014
Selenium, Se	µg	14.5	--	--	4.1	35.7	2.5	5.5
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

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Thiamin	mg	0.028	11	0.005	0.008	0.069	0.005	0.011
Riboflavin	mg	0.488	13	0.036	0.138	1.200	0.083	0.185
Niacin	mg	0.630	16	0.084	0.179	1.550	0.107	0.239
Pantothenic acid	mg	1.364	16	0.493	0.387	3.355	0.232	0.518
Vitamin B-6	mg	0.227	36	0.027	0.064	0.558	0.039	0.086
Folate, total	µg	62	18	8.839	18	153	11	24
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	62	18	8.839	18	153	11	24
Folate, DFE	µg	62	--	--	18	153	11	24
Choline, total	mg	15.4	--	--	4.4	37.9	2.6	5.9
Vitamin B-12	µg	1.30	17	0.086	0.37	3.20	0.22	0.49
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	241	--	--	68	593	41	92
Retinol	µg	240	--	--	68	590	41	91
Carotene, beta	µg	12	--	--	3	30	2	5
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	820	--	--	232	2017	139	312
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.06	0.52	0.04	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.1	1.0	0.1	0.2
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.1	1.0	0.1	0.2
Vitamin D	IU	18	--	--	5	44	3	7
Vitamin K (phylloquinone)	µg	2.0	--	--	0.6	4.9	0.3	0.8
<b>Lipids</b>								
Fatty acids, total saturated	g	15.259	--	--	4.326	37.537	2.594	5.798
4:0	g	0.494	2	--	0.140	1.215	0.084	0.188
6:0	g	0.283	2	--	0.080	0.696	0.048	0.108
8:0	g	0.260	7	0.018	0.074	0.640	0.044	0.099
10:0	g	0.590	7	0.020	0.167	1.451	0.100	0.224
12:0	g	0.442	7	0.063	0.125	1.087	0.075	0.168

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
14:0	g	2.686	7	0.086	0.761	6.608	0.457	1.021
16:0	g	7.227	7	0.341	2.049	17.778	1.229	2.746
18:0	g	2.524	7	0.166	0.716	6.209	0.429	0.959
Fatty acids, total monounsaturated	g	7.023	--	--	1.991	17.277	1.194	2.669
16:1 undifferentiated	g	0.883	7	0.056	0.250	2.172	0.150	0.336
18:1 undifferentiated	g	5.752	7	0.302	1.631	14.150	0.978	2.186
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.724	--	--	0.205	1.781	0.123	0.275
18:2 undifferentiated	g	0.450	7	0.041	0.128	1.107	0.076	0.171
18:3 undifferentiated	g	0.274	7	0.022	0.078	0.674	0.047	0.104
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	72	4	4.445	20	177	12	27
<b>Amino Acids</b>								
Tryptophan	g	0.307	--	--	0.087	0.755	0.052	0.117
Threonine	g	0.717	--	--	0.203	1.764	0.122	0.272
Isoleucine	g	0.968	--	--	0.274	2.381	0.165	0.368
Leucine	g	1.840	--	--	0.522	4.526	0.313	0.699
Lysine	g	1.766	--	--	0.501	4.344	0.300	0.671
Methionine	g	0.565	--	--	0.160	1.390	0.096	0.215
Cystine	g	0.109	--	--	0.031	0.268	0.019	0.041
Phenylalanine	g	1.105	--	--	0.313	2.718	0.188	0.420
Tyrosine	g	1.145	--	--	0.325	2.817	0.195	0.435
Valine	g	1.279	--	--	0.363	3.146	0.217	0.486
Arginine	g	0.701	--	--	0.199	1.724	0.119	0.266
Histidine	g	0.683	--	--	0.194	1.680	0.116	0.260
Alanine	g	0.819	--	--	0.232	2.015	0.139	0.311
Aspartic acid	g	1.288	--	--	0.365	3.168	0.219	0.489
Glutamic acid	g	4.187	--	--	1.187	10.300	0.712	1.591

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 246g	1 cubic inch 17g	1 wedge (1.33 oz) 38g
Glycine	g	0.379	--	--	0.107	0.932	0.064	0.144
Proline	g	2.346	--	--	0.665	5.771	0.399	0.891
Serine	g	1.114	--	--	0.316	2.740	0.189	0.423
<b>Other</b>								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0