

Full Report (All Nutrients) 01008, Cheese, caraway

Report Date: March 22, 2018 15:21 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
Proximates					
Water	g	39.28	4	0.550	11.14
Energy	kcal	376	--	--	107
Energy	kJ	1573	--	--	446
Protein	g	25.18	4	0.189	7.14
Total lipid (fat)	g	29.20	4	1.389	8.28
Ash	g	3.28	4	0.155	0.93
Carbohydrate, by difference	g	3.06	--	--	0.87
Fiber, total dietary	g	0.0	--	--	0.0
Minerals					
Calcium, Ca	mg	673	3	9.821	191
Iron, Fe	mg	0.64	--	--	0.18
Magnesium, Mg	mg	22	1	--	6
Phosphorus, P	mg	490	1	--	139
Potassium, K	mg	93	--	--	26
Sodium, Na	mg	690	--	--	196
Zinc, Zn	mg	2.94	--	--	0.83
Copper, Cu	mg	0.024	--	--	0.007
Manganese, Mn	mg	0.021	--	--	0.006
Selenium, Se	µg	14.5	--	--	4.1
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.031	1	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Riboflavin	mg	0.450	3	0.064	0.128
Niacin	mg	0.180	1	--	0.051
Pantothenic acid	mg	0.190	1	--	0.054
Vitamin B-6	mg	0.074	--	--	0.021
Folate, total	µg	18	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	18	--	--	5
Folate, DFE	µg	18	--	--	5
Vitamin B-12	µg	0.27	1	--	0.08
Vitamin A, RAE	µg	271	--	--	77
Retinol	µg	262	--	--	74
Vitamin A, IU	IU	1054	4	38.549	299
Lipids					
Fatty acids, total saturated	g	18.584	--	--	5.269
4:0	g	0.922	--	--	0.261
6:0	g	0.466	--	--	0.132
8:0	g	0.246	--	--	0.070
10:0	g	0.529	--	--	0.150
12:0	g	0.477	--	--	0.135
14:0	g	2.934	--	--	0.832
16:0	g	8.638	--	--	2.449
18:0	g	3.531	--	--	1.001
Fatty acids, total monounsaturated	g	8.275	--	--	2.346
16:1 undifferentiated	g	0.885	--	--	0.251
18:1 undifferentiated	g	6.965	--	--	1.975
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.830	--	--	0.235
18:2 undifferentiated	g	0.508	--	--	0.144
18:3 undifferentiated	g	0.322	--	--	0.091
18:4	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	93	--	--	26
Amino Acids					
Tryptophan	g	0.324	--	--	0.092
Threonine	g	0.896	--	--	0.254
Isoleucine	g	1.563	--	--	0.443
Leucine	g	2.412	--	--	0.684
Lysine	g	2.095	--	--	0.594
Methionine	g	0.659	--	--	0.187
Cystine	g	0.126	--	--	0.036
Phenylalanine	g	1.326	--	--	0.376
Tyrosine	g	1.216	--	--	0.345
Valine	g	1.682	--	--	0.477
Arginine	g	0.952	--	--	0.270
Histidine	g	0.884	--	--	0.251
Alanine	g	0.711	--	--	0.202
Aspartic acid	g	1.618	--	--	0.459
Glutamic acid	g	6.160	--	--	1.746
Glycine	g	0.439	--	--	0.124
Proline	g	2.838	--	--	0.805
Serine	g	1.472	--	--	0.417
Other					