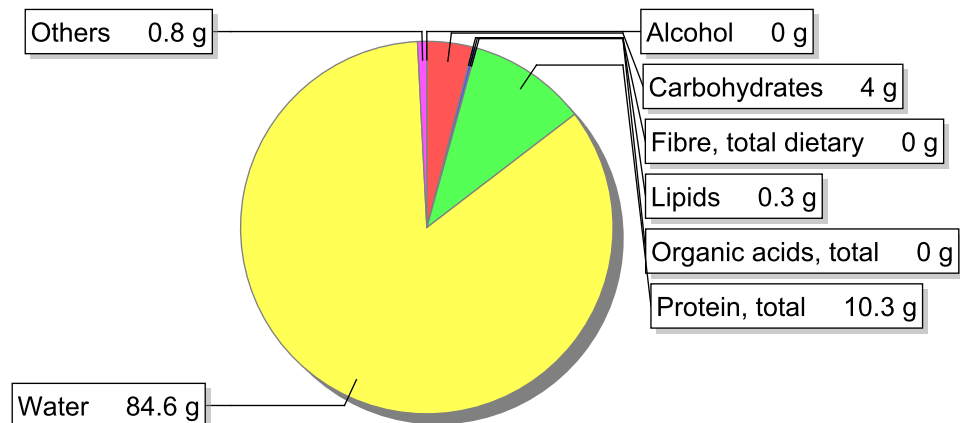


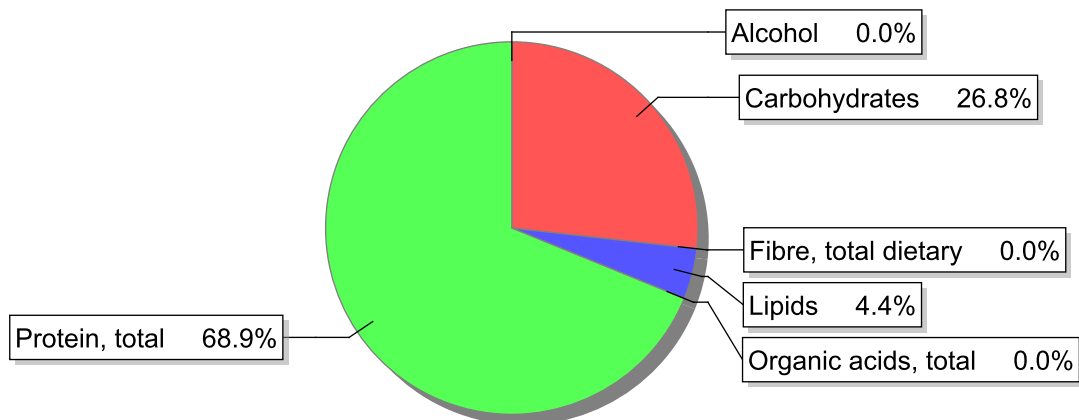
Food

Name: Cheese, Quark, skimmed, plain
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS060
FoodEX2 Code: A02QK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	60	kcal	
energy kJ, total metabolisable	254	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4	g	
salt	0.1	g	
starch, total	0	g	
protein, total	10.3	g	
alcohol	0	g	
water	84.6	g	
organic acids, total	0	g	
cholesterol	7	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.03	mg	
riboflavin	0.28	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	3.5	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	0.80	g	
sodium	41	mg	
potassium	150	mg	
calcium	120	mg	
phosphorus	150	mg	
magnesium	11	mg	
iron, total	0.2	mg	
zinc	0.7	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References