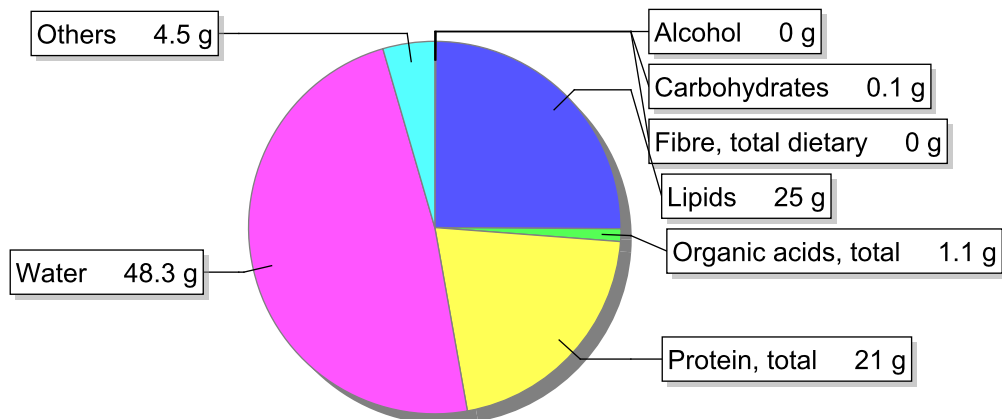


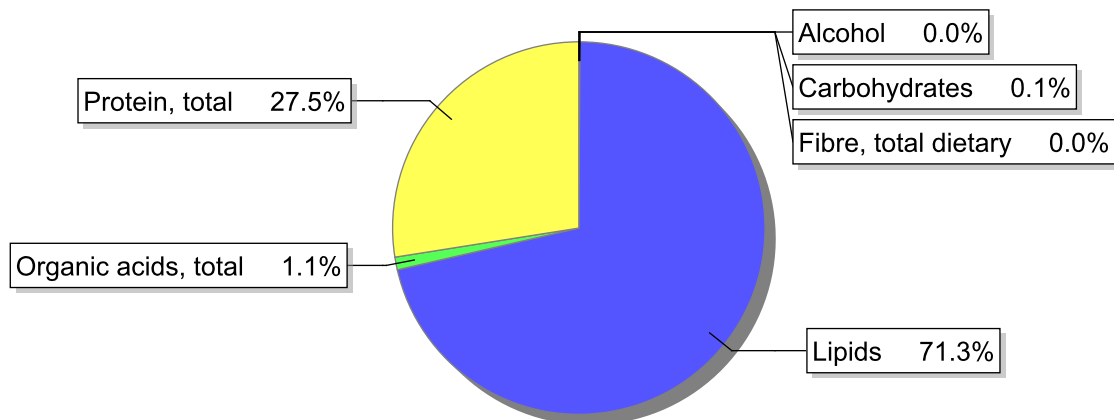
Food

Name: Cheese, "Azeitão"
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 82%
Code: IS047
FoodEX2 Code: A02RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	313	kcal	
energy kJ, total metabolisable	1300	kJ	
fatty acids, total saturated	13.1	g	
fatty acids, total monounsaturated	6	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	1	g	
sugars, total	0.1	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
salt	2.3	g	
starch, total	0	g	
protein, total	21	g	57
alcohol	0	g	
water	48.3	g	57
organic acids, total	1.1	g	
cholesterol	88	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	210	µg	
carotene, total (vitamin A precursors)	70	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.04	mg	
riboflavin	0.66	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	5.5	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.37	µg	
vitamin C	0	mg	
folate, total	31	µg	
ash	4.40	g	
sodium	900	mg	57
potassium	76	mg	57
calcium	540	mg	57
phosphorus	420	mg	57
magnesium	50	mg	57
iron, total	0.7	mg	57
zinc	2.6	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB