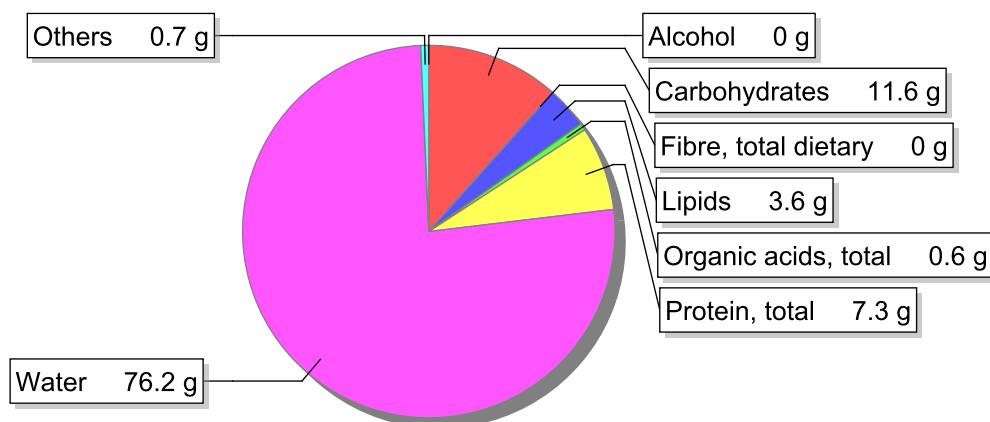


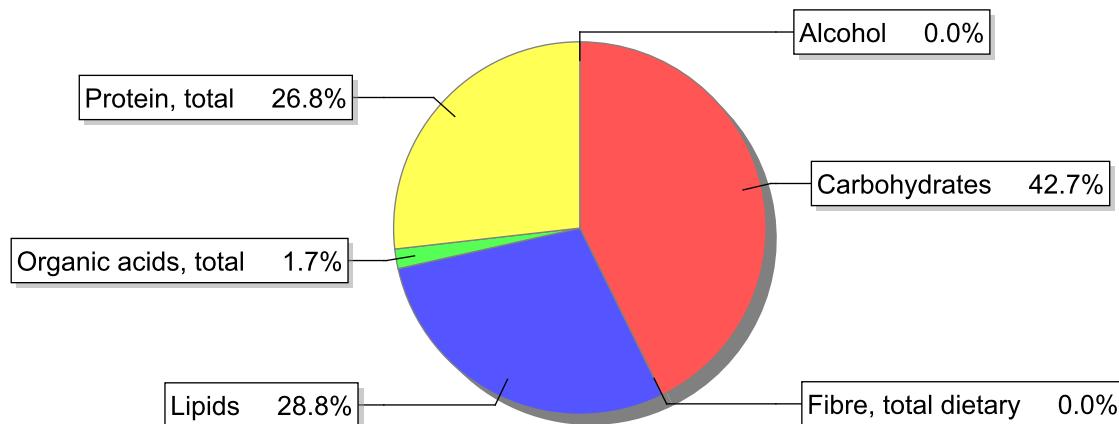
Food

Name: Cheese, fresh, with sugar, fruit flavoured
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS058
FoodEX2 Code: A0CRN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	110	kcal	
energy kJ, total metabolisable	462	kJ	
fatty acids, total saturated	1.9	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	11.6	g	
sucrose	6.8	g	

Name	Value	Unit	Source(s)
lactose	4.8	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	7.3	g	
alcohol	0	g	
water	76.2	g	
organic acids, total	0.6	g	
cholesterol	19	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.08	mg	
thiamin	0.03	mg	
riboflavin	0.19	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	2.8	mg	
niacin equivalents from tryptophan	1.7	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	13	µg	
ash	0.70	g	
sodium	38	mg	
potassium	160	mg	
calcium	94	mg	
phosphorus	100	mg	
magnesium	10	mg	
iron, total	0.3	mg	
zinc	0.5	mg	

Legend

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

References