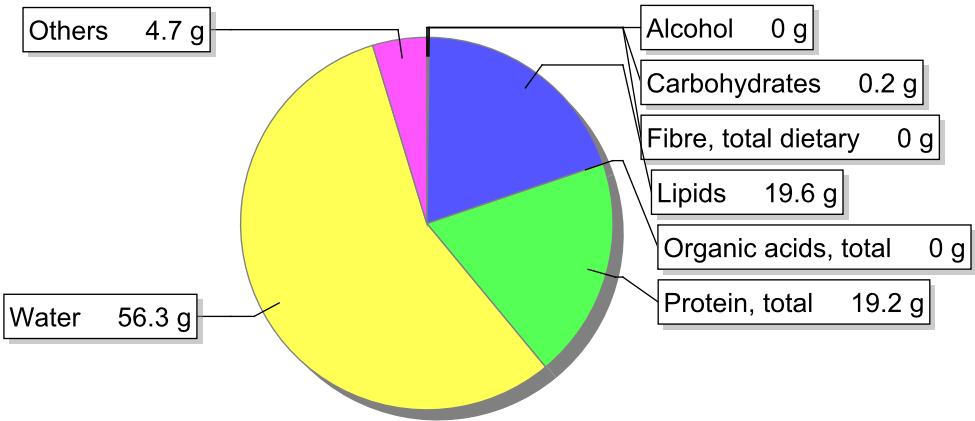


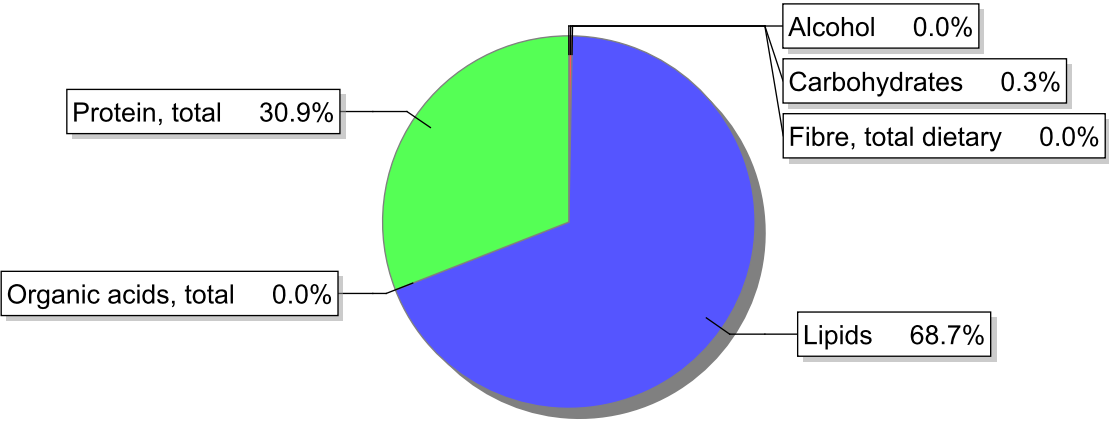
Food

Name: Cheese, Camembert
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS048
FoodEX2 Code: A02RX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	254	kcal	
energy kJ, total metabolisable	1060	kJ	
fatty acids, total saturated	10.5	g	
fatty acids, total monounsaturated	5	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0.9	g	
sugars, total	0.2	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	19.2	g	57
alcohol	0	g	
water	56.3	g	57
organic acids, total	0	g	
cholesterol	75	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	216	µg	
carotene, total (vitamin A precursors)	241	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.54	mg	
thiamin	0.03	mg	
riboflavin	0.47	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	5.7	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.97	µg	
vitamin C	0	mg	
folate, total	50	µg	
ash	4.57	g	
sodium	580	mg	57
potassium	89	mg	57
calcium	300	mg	57
phosphorus	230	mg	57
magnesium	19	mg	57
iron, total	1	mg	57
zinc	2.4	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