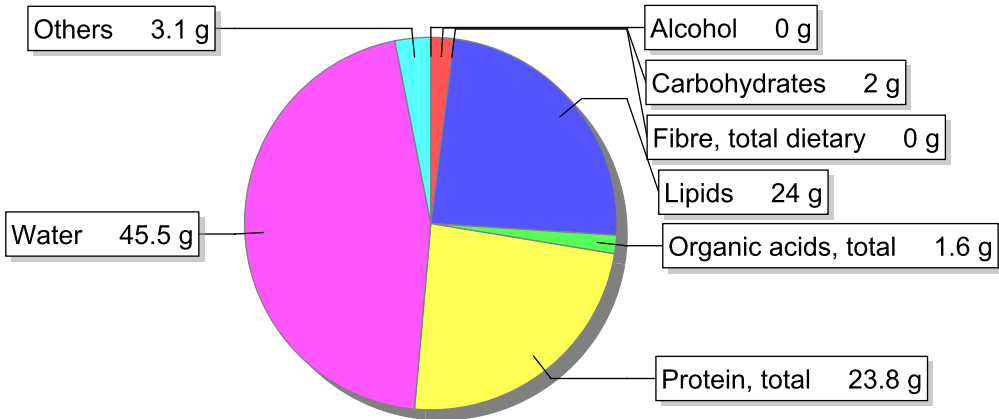


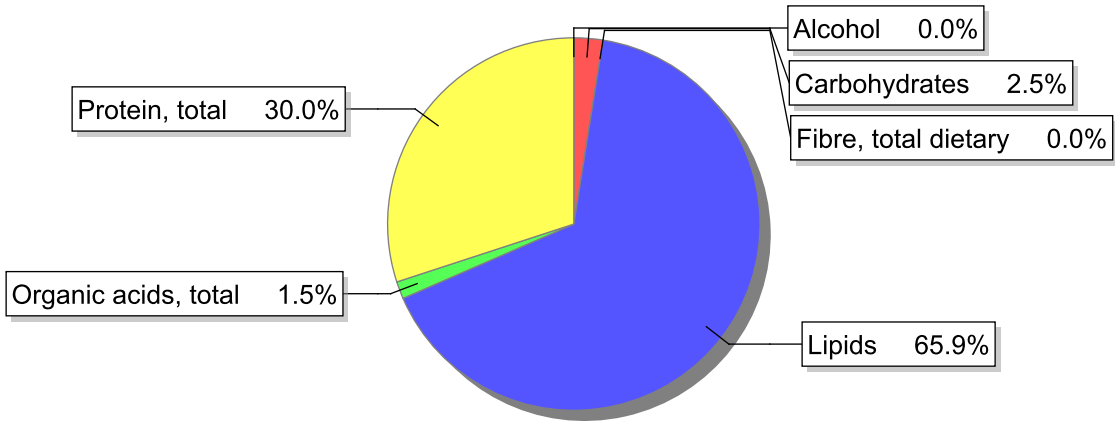
Food

Name: Cheese, "Serra da Estrela"
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 81%
Code: IS053
FoodEX2 Code: A02QF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	324	kcal	
energy kJ, total metabolisable	1350	kJ	
fatty acids, total saturated	15.8	g	1111
fatty acids, total monounsaturated	5.8	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	1	g	
sugars, total	2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	23.8	g	1111
alcohol	0	g	
water	45.5	g	57
organic acids, total	1.6	g	
cholesterol	88	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	240	µg	
carotene, total (vitamin A precursors)	80	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.45	mg	
thiamin	0.05	mg	
riboflavin	0.6	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	5.6	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	1.4	µg	
vitamin C	0	mg	
folate, total	31	µg	
ash	4.72	g	
sodium	600	mg	1111
potassium	80	mg	57
calcium	700	mg	57
phosphorus	480	mg	57
magnesium	53	mg	57
iron, total	0.7	mg	57
zinc	2.8	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
1111	Rótulos_queijos_frescos_curados_requeijao_comerciais(2)