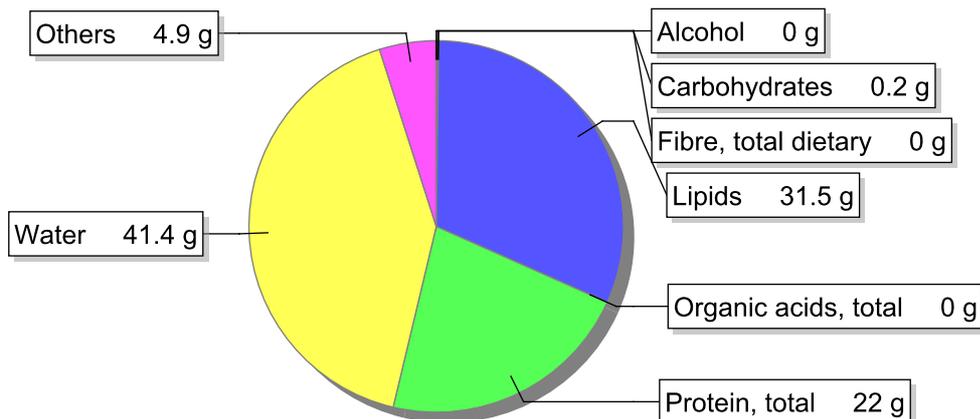


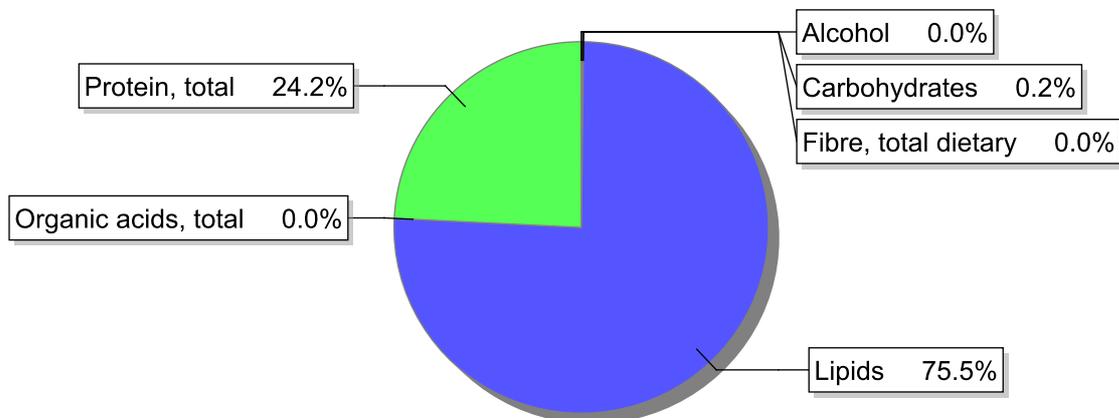
Food

Name: Cheese, Roquefort
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS052
FoodEX2 Code: A030K

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	372	kcal	
energy kJ, total metabolisable	1540	kJ	
fatty acids, total saturated	16.6	g	
fatty acids, total monounsaturated	7.6	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	1.3	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	22	g	57
alcohol	0	g	
water	41.4	g	57
organic acids, total	0	g	
cholesterol	75	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	210	µg	
carotene, total (vitamin A precursors)	120	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.53	mg	
thiamin	0.05	mg	
riboflavin	0.5	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	38	µg	
ash	5.00	g	
sodium	1560	mg	57
potassium	270	mg	57
calcium	770	mg	57
phosphorus	450	mg	57
magnesium	24	mg	57
iron, total	1.1	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