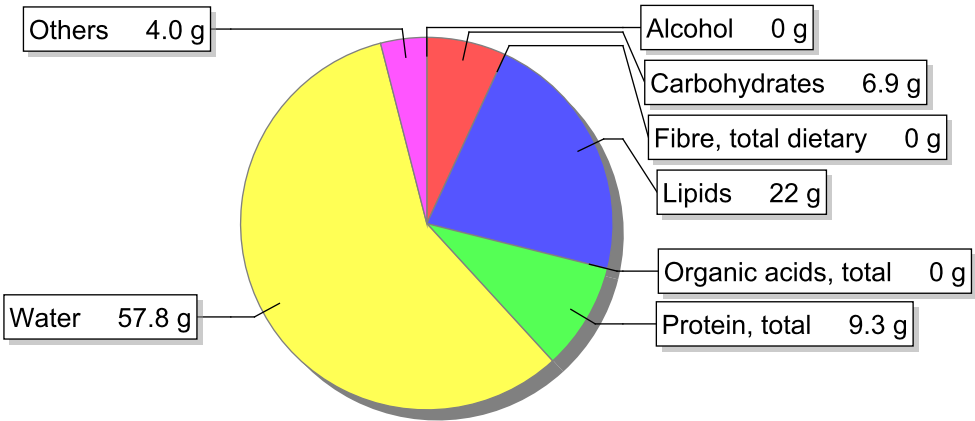


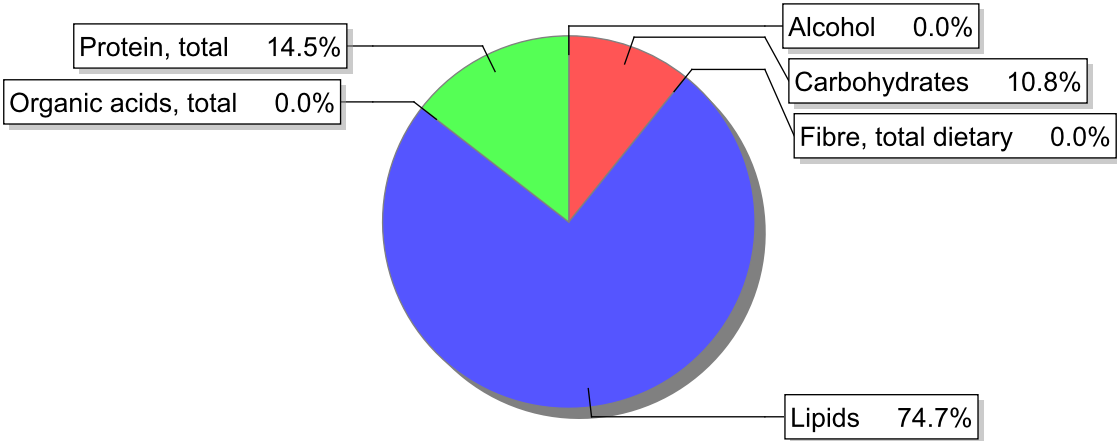
Food

Name: Cheese, spread, high polyunsaturated
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS056
FoodEX2 Code: A031C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	263	kcal	
energy kJ, total metabolisable	1090	kJ	
fatty acids, total saturated	4.9	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	10.4	g	
fatty acid 18:2 n-6 cis,cis	10.2	g	
fatty acids, total trans	0	g	
sugars, total	6.9	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	6.9	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	9.3	g	
alcohol	0	g	
water	57.8	g	
organic acids, total	0	g	
cholesterol	18	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	66	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	7.6	mg	
thiamin	0.04	mg	
riboflavin	0.26	mg	
niacin, preformed	1.6	mg	
niacin equivalents, total	3.8	mg	
niacin equivalents from tryptophan	2.2	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	13	µg	
ash	4	g	
sodium	980	mg	
potassium	220	mg	
calcium	300	mg	
phosphorus	660	mg	
magnesium	18	mg	
iron, total	0.2	mg	
zinc	1.3	mg	

Legend

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

References