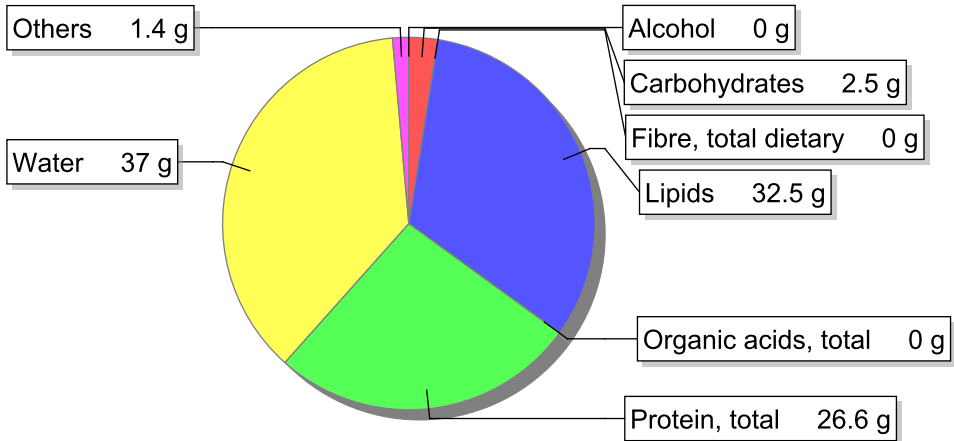


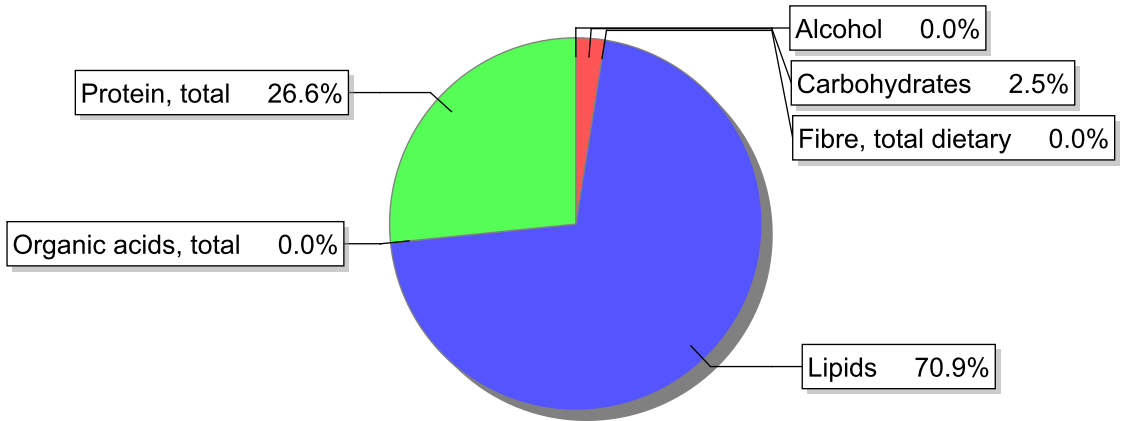
Food

Name: Cheese "São Jorge"
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 85%
Code: IS040
FoodEX2 Code: A02XK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	409	kcal	
energy kJ, total metabolisable	1700	kJ	
fatty acids, total saturated	21.4	g	1111
fatty acids, total monounsaturated	8.3	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	1.5	g	
sugars, total	2.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2.5	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	26.6	g	1111
alcohol	0	g	
water	37	g	
organic acids, total	0	g	
cholesterol	69	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	243	µg	
carotene, total (vitamin A precursors)	182	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.49	mg	
thiamin	0.32	mg	
riboflavin	0.55	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	8	mg	
niacin equivalents from tryptophan	7.4	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	2.4	µg	
vitamin C	0	mg	
folate, total	45	µg	
ash	5.50	g	
sodium	700	mg	1111
potassium	110	mg	57
calcium	870	mg	57
phosphorus	530	mg	57
magnesium	44	mg	57
iron, total	0.9	mg	57
zinc	2.5	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)