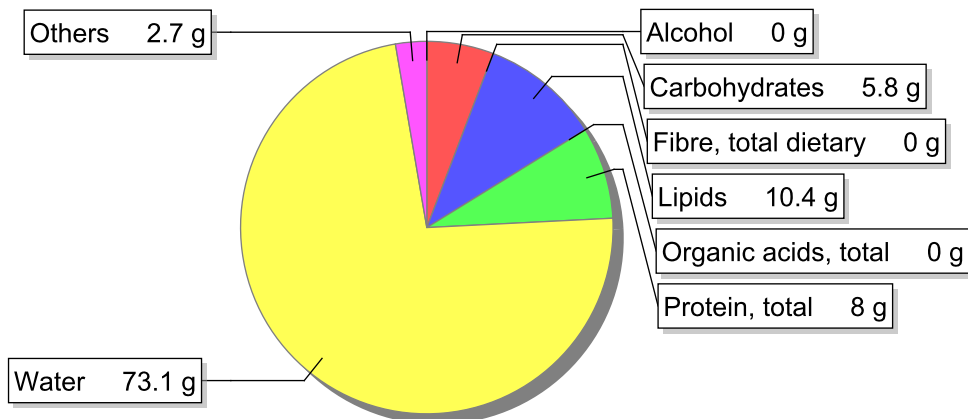


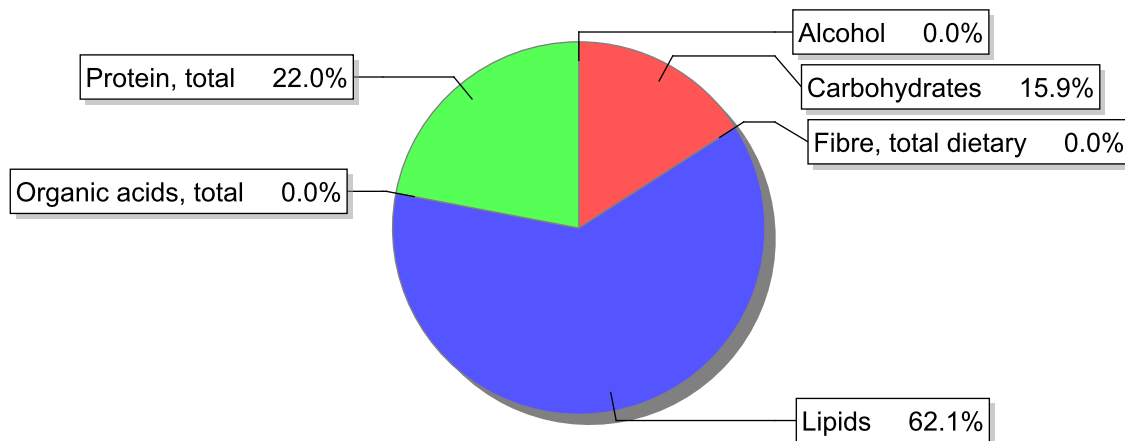
Food

Name: Cottage cheese
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS042
FoodEX2 Code: A02QG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	149	kcal	
energy kJ, total metabolisable	619	kJ	
fatty acids, total saturated	6.9	g	1111
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.5	g	
sugars, total	2.8	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.1	g	
oligosaccharides, available	0	g	
starch, total	3	g	
protein, total	8	g	57
alcohol	0	g	
water	73.1	g	57
organic acids, total	0	g	
cholesterol	49	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	146	µg	
carotene, total (vitamin A precursors)	51	µg	
vitamin D	0.1	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.02	mg	
riboflavin	0.19	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	3.2	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.01	mg	
vitamin B-12	0.6	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	3.50	g	
sodium	200	mg	1111
potassium	150	mg	57
calcium	300	mg	57
phosphorus	190	mg	57
magnesium	19	mg	57
iron, total	0.1	mg	57
zinc	0.8	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)