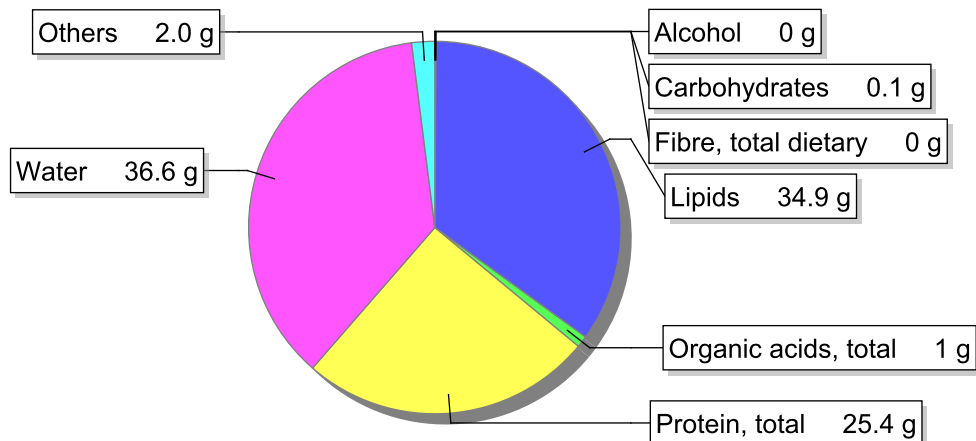


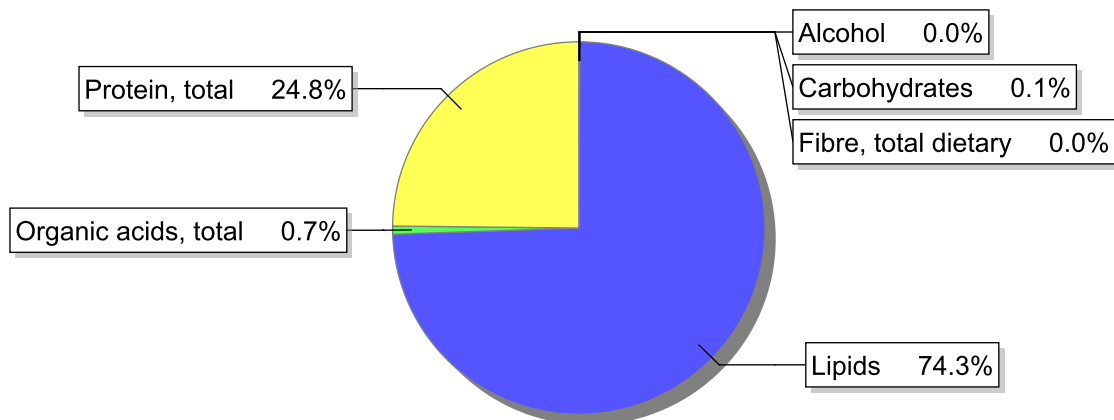
Food

Name: Cheese, Cheddar
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 85%
Code:
FoodEX2 Code: A02YK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	419	kcal	
energy kJ, total metabolisable	1740	kJ	
fatty acids, total saturated	21.7	g	
fatty acids, total monounsaturated	9.4	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	1.4	g	
sugars, total	0.1	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	25.4	g	
alcohol	0	g	
water	36.6	g	
organic acids, total	1	g	
cholesterol	97	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	387	µg	
carotene, total (vitamin A precursors)	141	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.52	mg	
thiamin	0.03	mg	
riboflavin	0.39	mg	
niacin, preformed	0.06	mg	
niacin equivalents, total	6.9	mg	
niacin equivalents from tryptophan	6.8	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	2.4	µg	
vitamin C	0	mg	
folate, total	31	µg	
ash	2.2	g	
sodium	720	mg	
potassium	75	mg	
calcium	740	mg	
phosphorus	510	mg	
magnesium	29	mg	
iron, total	0.3	mg	
zinc	4.1	mg	

Legend

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

References