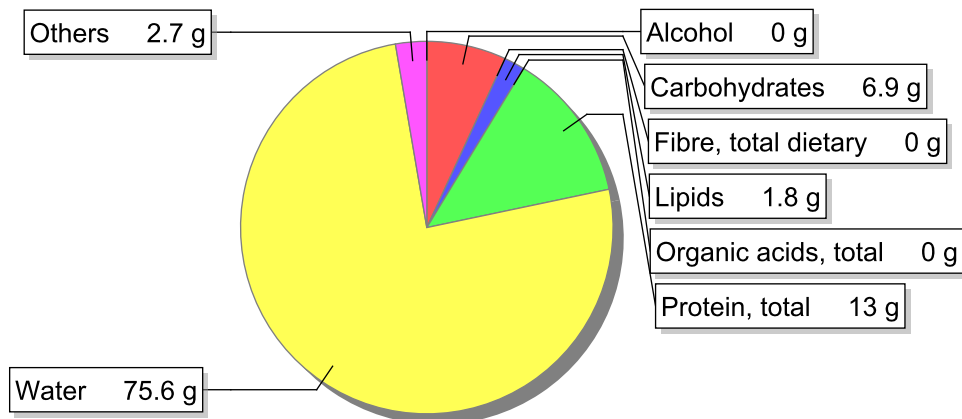


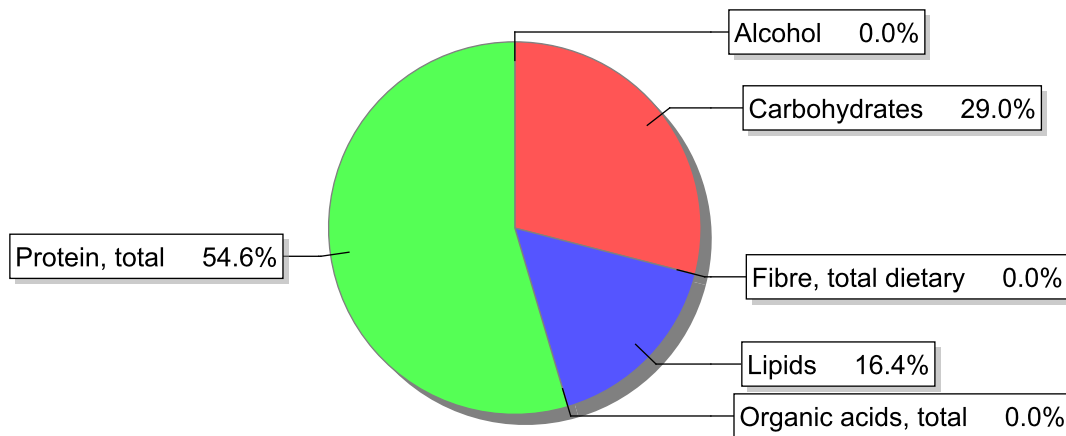
Food

Name: Cow cheese, low fat, fresh
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A02QF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	96	kcal	
energy kJ, total metabolisable	405	kJ	
fatty acids, total saturated	1.2	g	1099
fatty acids, total monounsaturated	0.5	g	1099
fatty acids, total polyunsaturated	0.1	g	1099
fatty acid 18:2 n-6 cis,cis	0.04	g	1099
fatty acids, total trans	0.1	g	1099
sugars, total	6.9	g	1107, 1129
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	6.9	g	1107, 1129
oligosaccharides, available	0	g	
fibre, total dietary	0	g	1099
protein, total	13	g	1099
alcohol	0	g	
water	75.6	g	1099
organic acids, total	0	g	
cholesterol	7	mg	660
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	660
vitamin D	0	µg	660
alpha-tocopherol	0.48	mg	
thiamin	0.02	mg	1099
riboflavin	0.37	mg	1099
niacin, preformed	0	mg	1099
niacin equivalents, total	2.35	mg	
niacin equivalents from tryptophan	2.35	mg	
vitamin B-12	0.53	µg	660
vitamin C	0	mg	660
folate, total	26.3	µg	660
ash	2.7	g	1099
sodium	330	mg	1099
potassium	270	mg	1099
calcium	480	mg	1099
phosphorus	350	mg	1099
magnesium	25	mg	1099
iron, total	0	mg	1099
zinc	1.6	mg	1099

Legend

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

References

Id	Reference
660	Swedish Food Composition Database 2013-01-10, FoodExplorer
1099	INSALAB_URMR/URQ/UID_Estudo vegetarianos 2020/2021
1107	INSALAB_URMR/URQ/UID_Estudo vegetarianos 2020/2021_Correção açúcares totais MGD
1129	Vegetarianas_Lactose em queijos_repetição_LAB_INSA_DAN