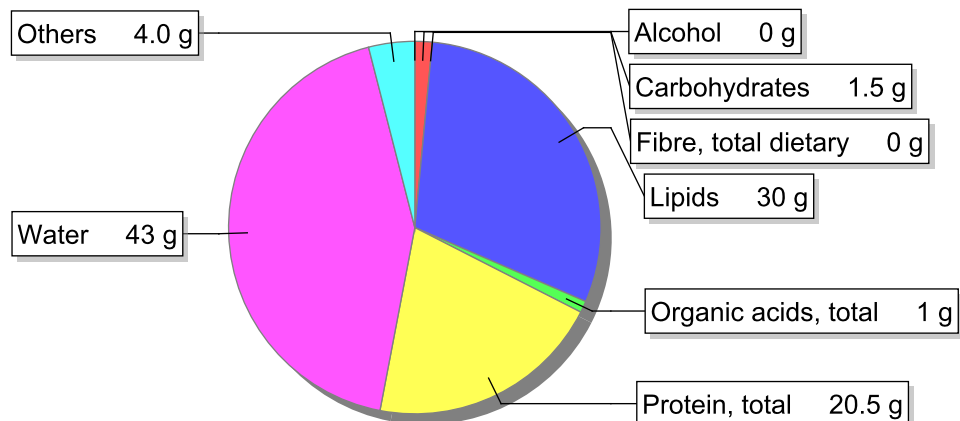


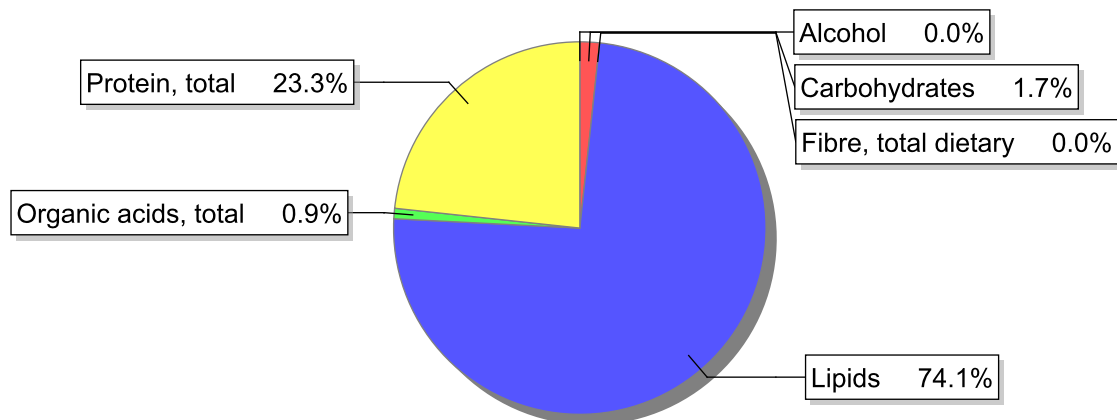
Food

Name: Cheese "Amarelo da Beira Baixa"
Group: Todos
Subgroup:
Edible Part: 85%
Code:
FoodEX2 Code: A030Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	361	kcal	
energy kJ, total metabolisable	1500	kJ	
fatty acids, total saturated	21.1	g	1110
fatty acids, total monounsaturated	7.3	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	1.3	g	
sugars, total	1.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	1.5	g	
salt	1.5	g	
starch, total	0	g	
protein, total	20.5	g	1110
alcohol	0	g	
water	43	g	
organic acids, total	1	g	
cholesterol	88	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	195	µg	
carotene, total (vitamin A precursors)	6	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.43	mg	
thiamin	0.05	mg	
riboflavin	0.7	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	3.9	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	37	µg	
ash	5.20	g	
sodium	600	mg	1110
potassium	85	mg	
calcium	710	mg	
phosphorus	600	mg	
magnesium	56	mg	
iron, total	1.3	mg	
zinc	3	mg	

Legend

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

References

Id	Reference
1110	Rótulos_queijos_frescos_curados_requeijao_comerciais