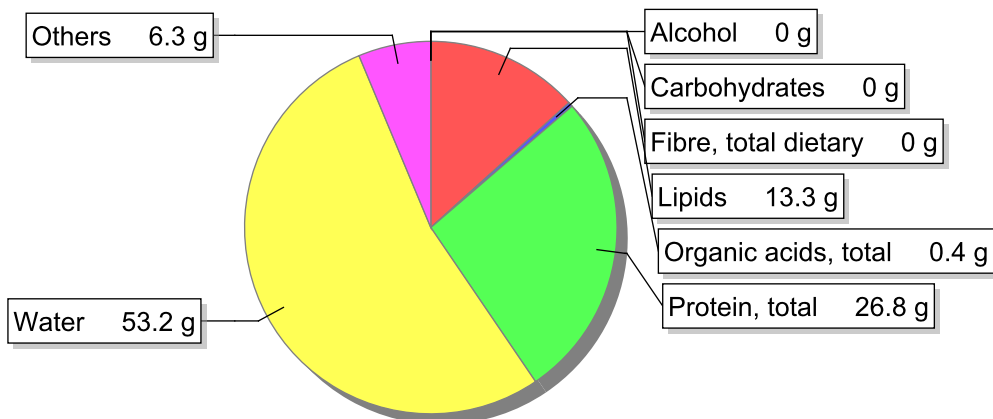


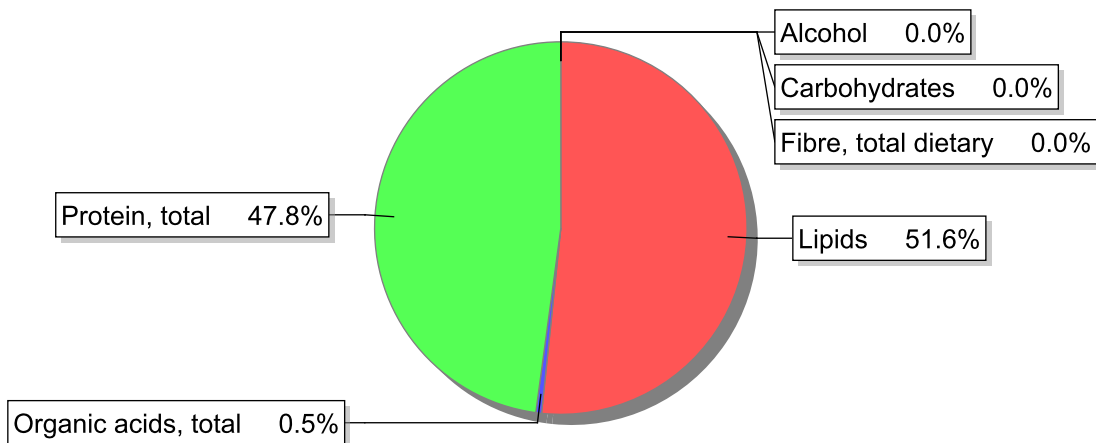
Food

Name: Flemish cheese light (-50% fat)
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A02SV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	228	kcal	
energy kJ, total metabolisable	953	kJ	
fatty acids, total saturated	9.3	g	1416
fatty acids, total monounsaturated	4.5	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	1416
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
salt	1.4	g	
starch, total	0	g	
protein, total	26.8	g	1416
alcohol	0	g	
water	53.2	g	1416
organic acids, total	0.4	g	
cholesterol	50	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	134	µg	
carotene, total (vitamin A precursors)	54	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.48	mg	
thiamin	0	mg	
riboflavin	1.63	mg	
niacin, preformed	0	mg	
niacin equivalents, total	4.9	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0.29	µg	
vitamin C	0	mg	
folate, total	22	µg	
ash	3.94	g	1416
sodium	540	mg	1416
potassium	160	mg	
calcium	850	mg	1416
phosphorus	300	mg	
magnesium	26	mg	
iron, total	0	mg	
zinc	1.4	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2
1416	Queijo flamengo light_Boletins analíticos_2019 a 2022