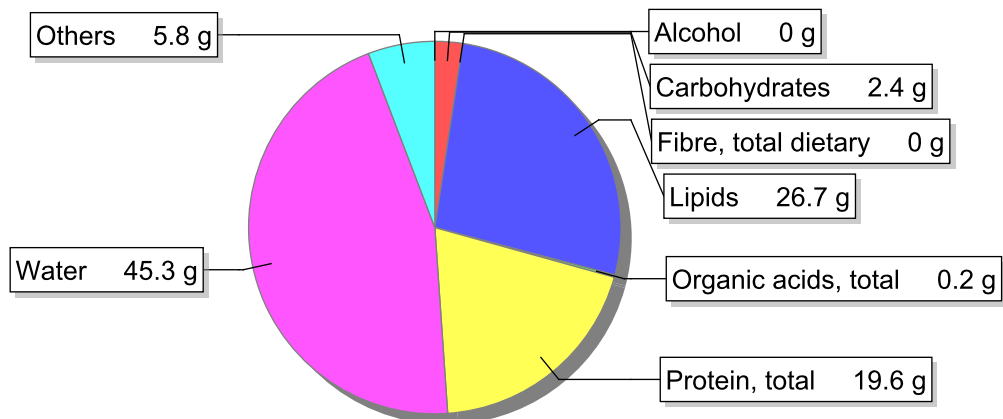


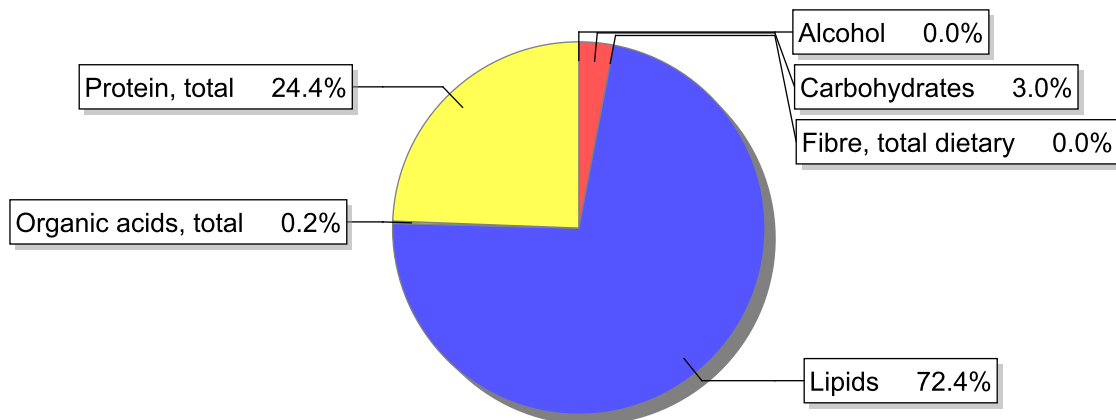
Food

Name: Mixed-milk cheese (cow, goat and sheep)
Group: Todos
Subgroup:
Edible Part: 85%
Code:
FoodEX2 Code: A02SV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	329	kcal	
energy kJ, total metabolisable	1360	kJ	
fatty acids, total saturated	18.3	g	1110
fatty acids, total monounsaturated	7.5	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0.4	g	
sugars, total	2.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2.4	g	
salt	1.5	g	
starch, total	0	g	
protein, total	19.6	g	1110
alcohol	0	g	
water	45.3	g	
organic acids, total	0.2	g	
cholesterol	81	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	423	µg	
carotene, total (vitamin A precursors)	15	µg	
vitamin D	0.2	µg	
alpha-tocopherol	1.47	mg	
thiamin	0.05	mg	
riboflavin	0.4	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	6.95	mg	
niacin equivalents from tryptophan	6.55	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	1.9	µg	
vitamin C	0	mg	
folate, total	37	µg	
ash	4.91	g	
sodium	600	mg	1110
potassium	110	mg	
calcium	830	mg	
phosphorus	510	mg	
magnesium	48	mg	
iron, total	0.9	mg	
zinc	5.3	mg	

Legend

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

References

Id	Reference
1110	Rótulos_queijos_frescos_curados_requeijao_comerciais