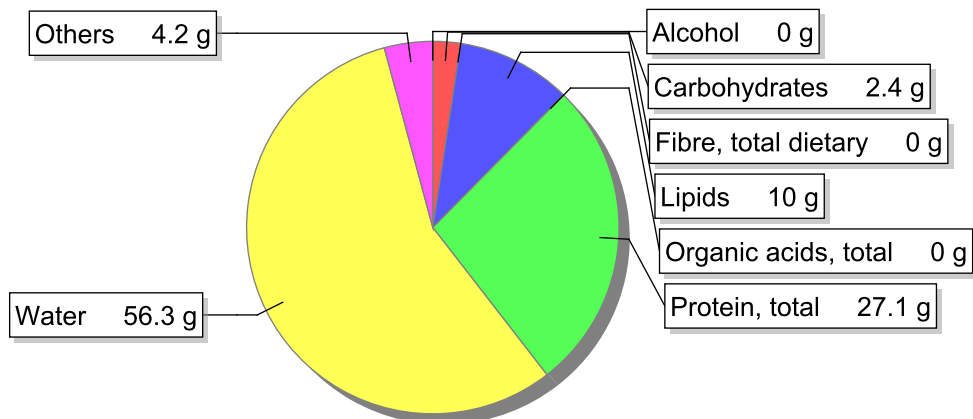


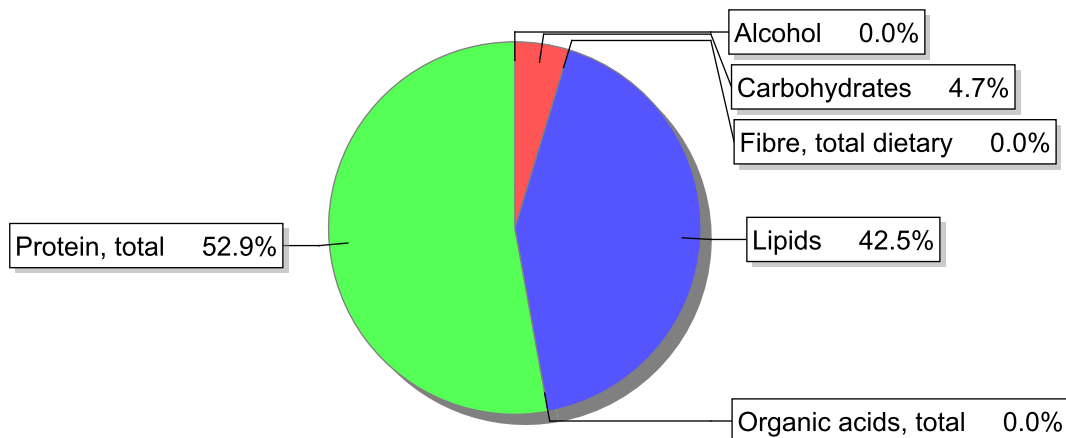
**Food**

**Name:** Cow cheese, cured, low-fat  
**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	208	kcal	
energy kJ, total metabolisable	872	kJ	
fatty acids, total saturated	6.8	g	1110
fatty acids, total monounsaturated	2.6	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.5	g	
sugars, total	2.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2.4	g	
salt	1.3	g	
starch, total	0	g	
protein, total	27.1	g	1110
alcohol	0	g	
water	56.3	g	
organic acids, total	0	g	
cholesterol	32	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	0.03	mg	
riboflavin	0.47	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	5.7	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.97	µg	
vitamin C	0	mg	
folate, total	50	µg	
ash	4.57	g	
sodium	500	mg	1110
potassium	89	mg	
calcium	300	mg	
phosphorus	230	mg	
magnesium	19	mg	
iron, total	1	mg	
zinc	2.4	mg	

## Legend

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

## References

Id	Reference
1110	Rótulos_queijos_frescos_curados_requeijao_comerciais