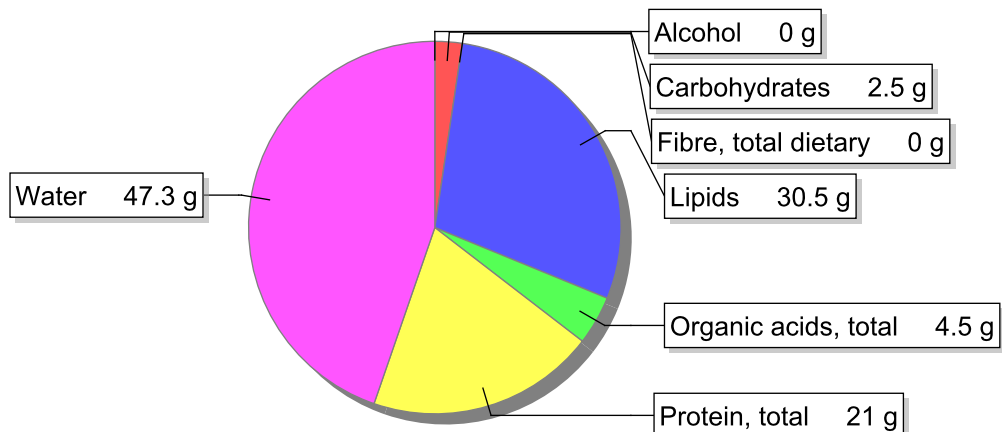


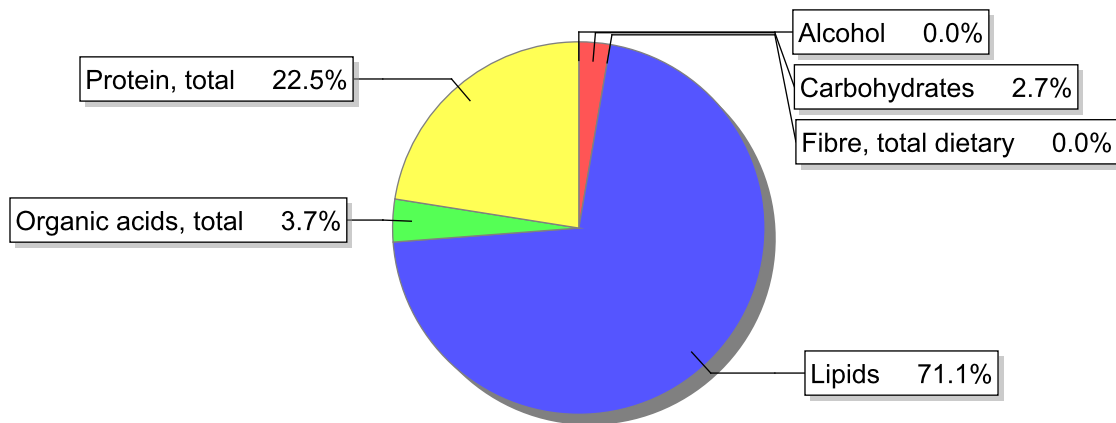
Food

Name: Goat cheese, cured
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	382	kcal	
energy kJ, total metabolisable	1590	kJ	
fatty acids, total saturated	23.4	g	1110
fatty acids, total monounsaturated	5.7	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	1	g	
sugars, total	2.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2.5	g	
salt	1.5	g	
starch, total	0	g	1118, 1121
protein, total	21	g	1110
alcohol	0	g	1118, 1119
water	47.3	g	1116
organic acids, total	4.5	g	1118
cholesterol	94	mg	1118, 1120
vitamin A; retinol equiv from retinol and carotenoid activities	320	µg	1118
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0	µg	1118
alpha-tocopherol	0.7	mg	1118, 1123
thiamin	0.01	mg	1118, 1123
riboflavin	0.15	mg	1118, 1123
niacin, preformed	0.3	mg	1118, 1123
niacin equivalents, total	5.2	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.07	mg	1118, 1123
vitamin B-12	0.15	µg	1118, 1123
vitamin C	0	mg	1118, 1123
folate, total	21	µg	1118
ash	3.91	g	1116
sodium	600	mg	1110
potassium	120	mg	1118, 1120
calcium	810	mg	1118, 1120
phosphorus	610	mg	1118, 1120
magnesium	46	mg	1118, 1120
iron, total	0.2	mg	1118, 1120
zinc	3.7	mg	1118, 1120

Legend

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

References

Id	Reference
1110	Rótulos_queijos_frescos_curados_requeijao_comerciais
1116	2022_Queijos de cabra_Lab_INSA_DAN
1118	NEVO-online, version 2014/4.0. RIVM, Bilthoven, The Netherlands, FoodExplorer

Id	Reference
1119	Logical reasoning: Alcohol free product
1120	RIVM Analyse diverse producten ten behoeve van NEVO (intern document), 2009 SGS Nederland
1121	Logical reasoning: Product does not contain polysaccharides
1123	Haan HPM de Vitamine-analyses diverse producten ten behoeve van NEVO 2009 TNO
1126	Logical reasoning: animal product, fibre = 0