



**Food ID:** J003

**Food name and Description:** Cheese, filled

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	49.6
Energy, calculated (kcal)	297
Protein (g)	16.2
Total Fat (g)	23.4
Carbohydrate, total (g)	5.5
Ash, total (g)	5.3

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	5

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	178
Phosphorus, P (mg)	631
Iron, Fe (mg)	0.9
Sodium, Na (mg)	1297

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	92
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.48
Fatty acids, monounsaturated, total (g)	6.57
Fatty acids, polyunsaturated, total(g)	0.74
Cholesterol (mg)	77