

**Food ID:** J004**Food name and Description:** Cheese, native**Scientific name:** *N/A***Alternate/Common name(s):** Kesong puti**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	52
Energy, calculated (kcal)	299
Protein (g)	13.2
Total Fat (g)	25
Carbohydrate, total (g)	5.3
Ash, total (g)	4.5

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

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

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

Calcium, Ca (mg)	323
Phosphorus, P (mg)	166
Iron, Fe (mg)	1.2
Sodium, Na (mg)	865

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

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.1
Niacin from tryptophan (mg)	9.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

-