

**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)

-