



Food ID: J005

Food name and Description: Cheese, pimiento

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	40
Energy, calculated (kcal)	354
Protein (g)	19.9
Total Fat (g)	27.9
Carbohydrate, total (g)	5.8
Ash, total (g)	6.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	776
Phosphorus, P (mg)	797
Iron, Fe (mg)	0.3
Sodium, Na (mg)	901

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	585
beta-Carotene (µg)	235
Retinol Activity Equivalent, RAE (µg)	605
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.31
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	17.58
Fatty acids, monounsaturated, total (g)	7.99
Fatty acids, polyunsaturated, total(g)	0.88
Cholesterol (mg)	84