

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:48:03