



**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