

**Food ID:** J006**Food name and Description:** Cheese, spread**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	55.2
Energy, calculated (kcal)	210
Protein (g)	14
Total Fat (g)	11
Carbohydrate, total (g)	13.7
Ash, total (g)	6.1

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

Fiber, total dietary (g)	0
Sugars, total (g)	6.3

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

Calcium, Ca (mg)	430
Phosphorus, P (mg)	782
Iron, Fe (mg)	0.6
Sodium, Na (mg)	1391

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

Retinol, Vitamin A (µg)	345
beta-Carotene (µg)	165
Retinol Activity Equivalent, RAE (µg)	359
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	6.91
Fatty acids, monounsaturated, total (g)	3.22
Fatty acids, polyunsaturated, total(g)	0.32
Cholesterol (mg)	28