



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