The Nutritional Composition of Dairy Foods

Nutritional Composition of Hard Cheese per 100g [a]

	Hard cheese, average [b]
Energy	
kcal	411
kJ	1702
Protein (g)	24.9
Carbohydrates (g)	0.1
Fat (g)	34.5
Saturated fatty acids (g)	21.6
Monounsaturated fatty acids (g)	10.1
Polyunsaturated fatty acids (g)	1.0
Trans fatty acids (g)	N
Sodium (mg)	687
Potassium (mg)	76
Calcium (mg)	731
Magnesium (mg)	29
Phosphorus (mg)	500
Iron (mg)	0.3
Copper (mg)	0.05
Zinc (mg)	4.1
Chloride (mg)	1005
Manganese (mg)	Tr
Selenium (µg)	6
Iodine (µg)	30
Retinol (µg)	330
Carotene (µg)	215
Vitamin D (µg)	0.3
Vitamin E (mg)	0.52

Thiamin (mg)	0.03
Riboflavin (mg)	0.41
Niacin (mg)	0.1
Trypt 60 (mg)	6.8
Vitamin B_6 (mg)	0.15
Vitamin B_{12} (µg)	2.4
Folate (µg)	31
Pantothenate (mg)	0.50
Biotin (µg)	3.0
Vitamin C (mg)	Tr

[a] Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry.
[b] Description and source of data: Average of English Cheddar, Red Leicester and Double Gloucester .
N: The nutrient is present in significant quantities but there is no reliable information on the amount.
Tr: Trace