



# Full-Fat Camembert

FOOD.BRAND	FOOD.CATEGORY
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Full-Fat Camembert

## Nutrients

CALORIES	291 kcal (per 100g)
PROTEIN	21.4g (per 100g)
FAT	23.0g (per 100g)
CARBOHYDRATES	0.2g (per 100g)
FIBER	0.0g (per 100g)

David Janitzek Diets  
Premium  
Krumbacher Straße 26  
86424 Dinkelscherben,  
Germany  
VAT ID: DE453108867

**Detailed Nutrient List**  
Contact:  
Email: support@dietspremium.com  
Tel.: +49 1520 744 5675

Web:  
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Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB7203 g



<b>IRON</b>	0.5 mg
<b>ZINC</b>	2.84 mg
<b>SODIUM</b>	966 mg
<b>COPPER</b>	0.07 mg
<b>VITAMIN B3 (NIACIN)</b>	1.42 mg
<b>PROTEIN</b>	21.4 g
<b>CALCIUM</b>	386 mg
<b>LACTOSE</b>	0.1 g
<b>VITAMIN B1 (THIAMIN)</b>	0.046 mg
<b>MAGNESIUM</b>	22 mg
<b>POTASSIUM</b>	101 mg
<b>MANGANESE</b>	0.04 mg
<b>VITAMIN E</b>	0.5 mg
<b>VITAMIN D</b>	0.18 µg
<b>VITAMIN A</b>	232 µg
<b>PHOSPHORUS</b>	310 mg
<b>VITAMIN B6 (PYRIDOXINE)</b>	0.16 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.458 mg
<b>VITAMIN B12 (COBALAMIN)</b>	1.1 µg
<b>CHOLESTEROL</b>	73 mg
<b>CARBOHYDRATE</b>	0.2 g
<b>FATTY SATURATED</b>	13.71 g
<b>FATTY MONOUNSATURATED</b>	7.32 g

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 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDEDB33  
 0.62 g  
 49.3 g



<b>SALT</b>	2.42 g
<b>SUGAR</b>	0.2 g
<b>FIBER</b>	0 g
<b>VITAMIN C (ASCORBIC ACID)</b>	0 mg
<b>VITAMIN K</b>	2.5 µg
<b>VITAMIN B5 (PANTOTHENIC ACID)</b>	0.6 mg
<b>VITAMIN B9 (FOLATE)</b>	60 µg
<b>CHLORINE</b>	110 mg
<b>SELENIUM</b>	14.5 µg
<b>FATTY TRANS</b>	0.8 g
<b>ASH</b>	6.1 g
<b>OMEGA 3</b>	0.25 g
<b>OMEGA 6</b>	0.52 g
<b>VITAMIN B4 (CHOLINE)</b>	15 mg
<b>TOTAL CARBOHYDRATES</b>	0.2 g
<b>TOTAL FAT</b>	23 g
<b>TOTAL PROTEIN</b>	21.4 g

*pdf.export.disclaimer*

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IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720