



# Grated Emmental Cheese

FOOD.BRAND

FOOD.CATEGORY

**Vegetarian**

Grated Emmental Cheese

## Nutrients

<b>CALORIES</b>	380 kcal (per 100g)
<b>PROTEIN</b>	28.8g (per 100g)
<b>FAT</b>	29.7g (per 100g)
<b>CARBOHYDRATES</b>	0.1g (per 100g)
<b>FIBER</b>	0.0g (per 100g)

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

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

### Detailed Nutrient List



<b>FAT</b>	29.7 g
<b>IRON</b>	0.5 mg
<b>ZINC</b>	4.4 mg
<b>SODIUM</b>	909 mg
<b>COPPER</b>	0.04 mg
<b>VITAMIN B3 (NIACIN)</b>	0.09 mg
<b>PROTEIN</b>	28.8 g
<b>CALCIUM</b>	835 mg
<b>LACTOSE</b>	0.1 g
<b>VITAMIN B1 (THIAMIN)</b>	0.025 mg
<b>MAGNESIUM</b>	39 mg
<b>POTASSIUM</b>	119 mg
<b>MANGANESE</b>	0.02 mg
<b>VITAMIN E</b>	0.4 mg
<b>VITAMIN D</b>	0.25 µg
<b>VITAMIN A</b>	297 µg
<b>PHOSPHORUS</b>	416 mg
<b>VITAMIN B6 (PYRIDOXINE)</b>	0.05 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.375 mg
<b>VITAMIN B12 (COBALAMIN)</b>	2.2 µg
<b>CHOLESTEROL</b>	83 mg
<b>CARBOHYDRATE</b>	0.1 g
<b>FATTY SATURATED</b>	17.74 g

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 9.45 g  
 0.82 g



<b>WATER</b>	36.5 g
<b>SALT</b>	2.27 g
<b>SUGAR</b>	0.1 g
<b>FIBER</b>	0 g
<b>VITAMIN C (ASCORBIC ACID)</b>	0 mg
<b>VITAMIN K</b>	2.5 µg
<b>VITAMIN B9 (FOLATE)</b>	10 µg
<b>VITAMIN B5 (PANTOTHENIC ACID)</b>	0.3 mg
<b>CHLORIDE</b>	1700 mg
<b>SELENIUM</b>	15 µg
<b>FATTY TRANS</b>	0.4 g
<b>OMEGA 3</b>	0.2 g
<b>OMEGA 6</b>	0.62 g
<b>ASH</b>	3.9 g

*pdf.export.disclaimer*

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