



# Royal Light Yellow Cheese

FOOD.BRAND	FOOD.CATEGORY
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## Nutrients

CALORIES	301 kcal (per 100g)
PROTEIN	31.0g (per 100g)
FAT	19.0g (per 100g)
CARBOHYDRATES	1.6g (per 100g)
FIBER	0.0g (per 100g)

## Detailed Nutrient List

PROTEIN	31 g
FAT	19 g
CARBOHYDRATE	1.6 g

David Janitzek Diets Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
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Bank Details  
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<b>SODIUM</b>	750 mg
<b>CALCIUM</b>	800 mg
<b>PHOSPHORUS</b>	450 mg
<b>SALT</b>	1.88 g
<b>FATTY SATURATED</b>	12 g
<b>CHOLESTEROL</b>	70 mg
<b>VITAMIN B12 (COBALAMIN)</b>	1.5 µg
<b>VITAMIN A</b>	250 µg
<b>WATER</b>	45 g
<b>FIBER</b>	0 g
<b>SUGAR</b>	1.6 g
<b>POTASSIUM</b>	100 mg
<b>MAGNESIUM</b>	30 mg
<b>ZINC</b>	3.5 mg
<b>VITAMIN D</b>	0.25 µg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.35 mg
<b>FATTY MONOUNSATURATED</b>	5 g
<b>FATTY POLYUNSATURATED</b>	0.5 g
<b>CHLORIDE</b>	1100 mg
<b>IRON</b>	0.2 mg
<b>VITAMIN E</b>	0.5 mg
<b>VITAMIN K</b>	2.5 µg
<b>ASH</b>	3.4 g

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*The information contained in this document is for educational purposes only and does not replace medical advice.*

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