



Cheese, cottage, creamed, with fruit

TOTAL
11.7
5.2

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

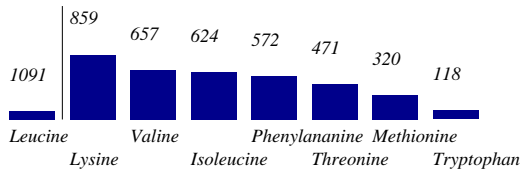
FIBER
0.8
0.5

Energy [kcal per 100 gr. food]



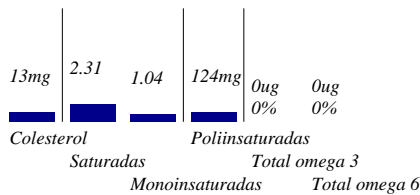
kCALs
4.2
3.7
46.9

Essential aminoacids profile [mg per 100 gr. food]



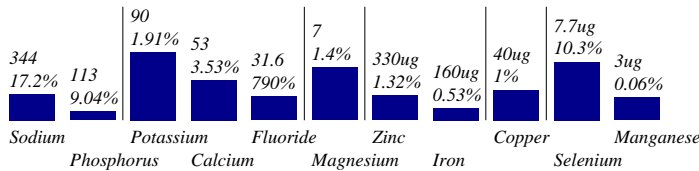
PROTE.
23.2
19.1
100

Main lipids profile [gr of lipid per 100 gr. food]



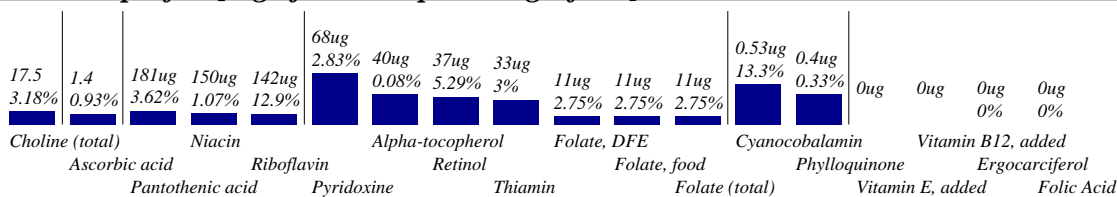
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
13.3

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
3.4

Phytochemicals profile [mg of nutrient per 100 gr. food]

