



**PARMIGIANO
REGGIANO**

Nutritional values for 100gr of product

Energy value	402 kcal / 1671 kj
Humidity	31,4 g
Proteins	32,4 g
Total fats Saturated fats	29,7 g 19,6 g
Total carbohydrates Sugars	0 g 0 g
Lactose	< 1 mg
Salt	1,6 g
Calcium	1155 mg
Phosphorus	691 mg
Sodium	650 mg
Zinc	4 mg
Vitamin A	430 µg
Riboflavin (Vit. B2)	0,35 mg
Vitamin B12	1,7 µg
Biotin	23 µg



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