

Basic Report 01169, Cheese, low-sodium, cheddar or colby

Report Date: February 01, 2015 19:14 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup, diced 132g | 1 cup, shredded 113g | 1 oz 28.35g | 1 cubic inch 17g | 1 slice (1 oz) 28g |
|--------------------------------|------|------------------|-------------------|----------------------|-------------|------------------|--------------------|
| Proximates | | | | | | | |
| Water | g | 38.98 | 51.45 | 44.05 | 11.05 | 6.63 | 10.91 |
| Energy | kcal | 398 | 525 | 450 | 113 | 68 | 111 |
| Protein | g | 24.35 | 32.14 | 27.52 | 6.90 | 4.14 | 6.82 |
| Total lipid (fat) | g | 32.62 | 43.06 | 36.86 | 9.25 | 5.55 | 9.13 |
| Carbohydrate, by difference | g | 1.91 | 2.52 | 2.16 | 0.54 | 0.32 | 0.53 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.49 | 0.65 | 0.55 | 0.14 | 0.08 | 0.14 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 703 | 928 | 794 | 199 | 120 | 197 |
| Iron, Fe | mg | 0.72 | 0.95 | 0.81 | 0.20 | 0.12 | 0.20 |
| Magnesium, Mg | mg | 27 | 36 | 31 | 8 | 5 | 8 |
| Phosphorus, P | mg | 484 | 639 | 547 | 137 | 82 | 136 |
| Potassium, K | mg | 112 | 148 | 127 | 32 | 19 | 31 |
| Sodium, Na | mg | 21 | 28 | 24 | 6 | 4 | 6 |
| Zinc, Zn | mg | 3.09 | 4.08 | 3.49 | 0.88 | 0.53 | 0.87 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.021 | 0.028 | 0.024 | 0.006 | 0.004 | 0.006 |
| Riboflavin | mg | 0.375 | 0.495 | 0.424 | 0.106 | 0.064 | 0.105 |
| Niacin | mg | 0.086 | 0.114 | 0.097 | 0.024 | 0.015 | 0.024 |
| Vitamin B-6 | mg | 0.076 | 0.100 | 0.086 | 0.022 | 0.013 | 0.021 |
| Folate, DFE | µg | 18 | 24 | 20 | 5 | 3 | 5 |
| Vitamin B-12 | µg | 0.83 | 1.10 | 0.94 | 0.24 | 0.14 | 0.23 |
| Vitamin A, RAE | µg | 264 | 348 | 298 | 75 | 45 | 74 |
| Vitamin A, IU | IU | 996 | 1315 | 1125 | 282 | 169 | 279 |
| Vitamin E (alpha-tocopherol) | mg | 0.28 | 0.37 | 0.32 | 0.08 | 0.05 | 0.08 |

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| Vitamin D (D2 + D3) | µg | 0.6 | 0.8 | 0.7 | 0.2 | 0.1 | 0.2 |
| Vitamin D | IU | 24 | 32 | 27 | 7 | 4 | 7 |
| Vitamin K (phylloquinone) | µg | 2.7 | 3.6 | 3.1 | 0.8 | 0.5 | 0.8 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 20.768 | 27.414 | 23.468 | 5.888 | 3.531 | 5.815 |
| Fatty acids, total monounsaturated | g | 9.189 | 12.129 | 10.384 | 2.605 | 1.562 | 2.573 |
| Fatty acids, total polyunsaturated | g | 0.972 | 1.283 | 1.098 | 0.276 | 0.165 | 0.272 |
| Cholesterol | mg | 100 | 132 | 113 | 28 | 17 | 28 |
| Other | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 |