

Basic Report 01182, USDA Commodity, cheese, cheddar, reduced fat

Report Date: January 26, 2015 01:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup shredded 113g
Proximates			
Water	g	48.20	54.47
Energy	kcal	282	319
Protein	g	27.20	30.74
Total lipid (fat)	g	18.30	20.68
Carbohydrate, by difference	g	2.00	2.26
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.58	0.66
Minerals			
Calcium, Ca	mg	905	1023
Iron, Fe	mg	0.13	0.15
Magnesium, Mg	mg	35	40
Phosphorus, P	mg	583	659
Potassium, K	mg	93	105
Sodium, Na	mg	725	819
Zinc, Zn	mg	4.30	4.86
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.030	0.034
Riboflavin	mg	0.300	0.339
Niacin	mg	0.060	0.068
Vitamin B-6	mg	0.084	0.095
Folate, DFE	µg	20	23
Vitamin B-12	µg	1.66	1.88
Vitamin A, RAE	µg	150	170
Vitamin A, IU	IU	633	715
Vitamin E (alpha-tocopherol)	mg	0.16	0.18

Nutrient	Unit	1 Value Per100 g	1 cup shredded 113g
Vitamin D (D2 + D3)	µg	0.3	0.3
Vitamin D	IU	13	15
Vitamin K (phylloquinone)	µg	1.5	1.7
Lipids			
Fatty acids, total saturated	g	11.580	13.085
Fatty acids, total monounsaturated	g	5.020	5.673
Fatty acids, total polyunsaturated	g	0.750	0.848
Cholesterol	mg	56	63
Other			
Caffeine	mg	0	0