

Basic Report 01228, Cheese, fresh, queso fresco

Report Date: January 28, 2015 11:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup crumbled 122g
Proximates			
Water	g	51.42	62.73
Energy	kcal	299	365
Protein	g	18.09	22.07
Total lipid (fat)	g	23.82	29.06
Carbohydrate, by difference	g	2.98	3.64
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	2.32	2.83
Minerals			
Calcium, Ca	mg	566	691
Iron, Fe	mg	0.20	0.24
Magnesium, Mg	mg	24	29
Phosphorus, P	mg	385	470
Potassium, K	mg	129	157
Sodium, Na	mg	751	916
Zinc, Zn	mg	2.58	3.15
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.042	0.051
Riboflavin	mg	0.173	0.211
Niacin	mg	0.027	0.033
Vitamin B-6	mg	0.076	0.093
Folate, DFE	µg	7	9
Vitamin B-12	µg	1.68	2.05
Vitamin A, RAE	µg	224	273
Vitamin A, IU	IU	806	983
Vitamin E (alpha-tocopherol)	mg	0.37	0.45

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Vitamin D (D2 + D3)	µg	2.7	3.3
Vitamin D	IU	110	134
Vitamin K (phylloquinone)	µg	1.0	1.2
Lipids			
Fatty acids, total saturated	g	12.940	15.787
Fatty acids, total monounsaturated	g	5.966	7.279
Fatty acids, total polyunsaturated	g	1.106	1.349
Cholesterol	mg	69	84
Other			
Caffeine	mg	0	0