

Basic Report 01228, Cheese, fresh, queso fresco

Report Date: March 06, 2015 04:01 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 |
| Fatty acids, total trans | g | 0.834 | 1.017 |
| Cholesterol | mg | 69 | 84 |
| Other | | | |
| Caffeine | mg | 0 | 0 |