

Basic Report 01020, Cheese, fontina

Report Date: February 01, 2015 06:43 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 108g	1 oz 28.35g	1 cubic inch 15g	1 slice (1 oz) 28g	1 package (8 oz) 227g
Proximates								
Water	g	37.92	50.05	40.95	10.75	5.69	10.62	86.08
Energy	kcal	389	513	420	110	58	109	883
Protein	g	25.60	33.79	27.65	7.26	3.84	7.17	58.11
Total lipid (fat)	g	31.14	41.10	33.63	8.83	4.67	8.72	70.69
Carbohydrate, by difference	g	1.55	2.05	1.67	0.44	0.23	0.43	3.52
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	1.55	2.05	1.67	0.44	0.23	0.43	3.52
Minerals								
Calcium, Ca	mg	550	726	594	156	82	154	1248
Iron, Fe	mg	0.23	0.30	0.25	0.07	0.03	0.06	0.52
Magnesium, Mg	mg	14	18	15	4	2	4	32
Phosphorus, P	mg	346	457	374	98	52	97	785
Potassium, K	mg	64	84	69	18	10	18	145
Sodium, Na	mg	800	1056	864	227	120	224	1816
Zinc, Zn	mg	3.50	4.62	3.78	0.99	0.52	0.98	7.94
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.021	0.028	0.023	0.006	0.003	0.006	0.048
Riboflavin	mg	0.204	0.269	0.220	0.058	0.031	0.057	0.463
Niacin	mg	0.150	0.198	0.162	0.043	0.022	0.042	0.340
Vitamin B-6	mg	0.083	0.110	0.090	0.024	0.012	0.023	0.188
Folate, DFE	µg	6	8	6	2	1	2	14
Vitamin B-12	µg	1.68	2.22	1.81	0.48	0.25	0.47	3.81
Vitamin A, RAE	µg	261	345	282	74	39	73	592
Vitamin A, IU	IU	913	1205	986	259	137	256	2073
Vitamin E (alpha-tocopherol)	mg	0.27	0.36	0.29	0.08	0.04	0.08	0.61

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Vitamin D (D2 + D3)	µg	0.6	0.8	0.6	0.2	0.1	0.2	1.4
Vitamin D	IU	23	30	25	7	3	6	52
Vitamin K (phylloquinone)	µg	2.6	3.4	2.8	0.7	0.4	0.7	5.9
Lipids								
Fatty acids, total saturated	g	19.196	25.339	20.732	5.442	2.879	5.375	43.575
Fatty acids, total monounsaturated	g	8.687	11.467	9.382	2.463	1.303	2.432	19.719
Fatty acids, total polyunsaturated	g	1.654	2.183	1.786	0.469	0.248	0.463	3.755
Cholesterol	mg	116	153	125	33	17	32	263
Other								
Caffeine	mg	0	0	0	0	0	0	0