

Full Report (All Nutrients) 01020, Cheese, fontina

Report Date: February 01, 2015 19:14 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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	17	--	50.05	40.95	10.75	5.69	10.62	86.08
Energy	kcal	389	--	--	513	420	110	58	109	883
Energy	kJ	1628	--	--	2149	1758	462	244	456	3696
Protein	g	25.60	16	--	33.79	27.65	7.26	3.84	7.17	58.11
Total lipid (fat)	g	31.14	17	--	41.10	33.63	8.83	4.67	8.72	70.69
Ash	g	3.79	17	--	5.00	4.09	1.07	0.57	1.06	8.60
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	1	--	726	594	156	82	154	1248
Iron, Fe	mg	0.23	1	--	0.30	0.25	0.07	0.03	0.06	0.52
Magnesium, Mg	mg	14	1	--	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	1	--	4.62	3.78	0.99	0.52	0.98	7.94
Copper, Cu	mg	0.025	--	--	0.033	0.027	0.007	0.004	0.007	0.057
Manganese, Mn	mg	0.014	--	--	0.018	0.015	0.004	0.002	0.004	0.032
Selenium, Se	µg	14.5	--	--	19.1	15.7	4.1	2.2	4.1	32.9
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	1	--	0.028	0.023	0.006	0.003	0.006	0.048

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Riboflavin	mg	0.204	1	--	0.269	0.220	0.058	0.031	0.057	0.463
Niacin	mg	0.150	1	--	0.198	0.162	0.043	0.022	0.042	0.340
Pantothenic acid	mg	0.429	--	--	0.566	0.463	0.122	0.064	0.120	0.974
Vitamin B-6	mg	0.083	--	--	0.110	0.090	0.024	0.012	0.023	0.188
Folate, total	µg	6	--	--	8	6	2	1	2	14
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	6	--	--	8	6	2	1	2	14
Folate, DFE	µg	6	--	--	8	6	2	1	2	14
Choline, total	mg	15.4	--	--	20.3	16.6	4.4	2.3	4.3	35.0
Vitamin B-12	µg	1.68	--	--	2.22	1.81	0.48	0.25	0.47	3.81
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	261	--	--	345	282	74	39	73	592
Retinol	µg	258	--	--	341	279	73	39	72	586
Carotene, beta	µg	32	--	--	42	35	9	5	9	73
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	913	--	--	1205	986	259	137	256	2073
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	0.36	0.29	0.08	0.04	0.08	0.61
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.6	0.2	0.1	0.2	1.4
Vitamin D3 (cholecalciferol)	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
4:0	g	0.715	2	--	0.944	0.772	0.203	0.107	0.200	1.623
6:0	g	0.489	2	--	0.645	0.528	0.139	0.073	0.137	1.110
8:0	g	0.314	2	--	0.414	0.339	0.089	0.047	0.088	0.713
10:0	g	0.651	2	--	0.859	0.703	0.185	0.098	0.182	1.478
12:0	g	0.804	2	--	1.061	0.868	0.228	0.121	0.225	1.825
14:0	g	2.964	2	--	3.912	3.201	0.840	0.445	0.830	6.728

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16:0	g	8.458	2	--	11.165	9.135	2.398	1.269	2.368	19.200
18:0	g	2.655	2	--	3.505	2.867	0.753	0.398	0.743	6.027
Fatty acids, total monounsaturated	g	8.687	--	--	11.467	9.382	2.463	1.303	2.432	19.719
16:1 undifferentiated	g	0.890	2	--	1.175	0.961	0.252	0.134	0.249	2.020
18:1 undifferentiated	g	7.100	2	--	9.372	7.668	2.013	1.065	1.988	16.117
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.654	--	--	2.183	1.786	0.469	0.248	0.463	3.755
18:2 undifferentiated	g	0.864	2	--	1.140	0.933	0.245	0.130	0.242	1.961
18:3 undifferentiated	g	0.790	2	--	1.043	0.853	0.224	0.119	0.221	1.793
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	116	1	--	153	125	33	17	32	263
Amino Acids										
Tryptophan	g	0.361	--	--	0.477	0.390	0.102	0.054	0.101	0.819
Threonine	g	0.935	--	--	1.234	1.010	0.265	0.140	0.262	2.122
Isoleucine	g	1.384	--	--	1.827	1.495	0.392	0.208	0.388	3.142
Leucine	g	2.664	--	--	3.516	2.877	0.755	0.400	0.746	6.047
Lysine	g	2.328	--	--	3.073	2.514	0.660	0.349	0.652	5.285
Methionine	g	0.706	--	--	0.932	0.762	0.200	0.106	0.198	1.603
Cystine	g	0.261	--	--	0.345	0.282	0.074	0.039	0.073	0.592
Phenylalanine	g	1.497	--	--	1.976	1.617	0.424	0.225	0.419	3.398
Tyrosine	g	1.524	--	--	2.012	1.646	0.432	0.229	0.427	3.459
Valine	g	1.926	--	--	2.542	2.080	0.546	0.289	0.539	4.372
Arginine	g	0.835	--	--	1.102	0.902	0.237	0.125	0.234	1.895
Histidine	g	0.959	--	--	1.266	1.036	0.272	0.144	0.269	2.177
Alanine	g	0.823	--	--	1.086	0.889	0.233	0.123	0.230	1.868
Aspartic acid	g	1.413	--	--	1.865	1.526	0.401	0.212	0.396	3.208
Glutamic acid	g	5.136	--	--	6.780	5.547	1.456	0.770	1.438	11.659
Glycine	g	0.457	--	--	0.603	0.494	0.130	0.069	0.128	1.037

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Proline	g	3.323	--	--	4.386	3.589	0.942	0.498	0.930	7.543
Serine	g	1.477	--	--	1.950	1.595	0.419	0.222	0.414	3.353
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0