

Basic Report 01251, Cheese, Mexican blend

Report Date: January 28, 2015 01:33 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.25 cup shredded 28g
Proximates			
Water	g	42.48	11.89
Energy	kcal	358	100
Protein	g	23.54	6.59
Total lipid (fat)	g	28.51	7.98
Carbohydrate, by difference	g	1.75	0.49
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.23	0.34
Minerals			
Calcium, Ca	mg	659	185
Iron, Fe	mg	0.59	0.17
Magnesium, Mg	mg	25	7
Phosphorus, P	mg	438	123
Potassium, K	mg	85	24
Sodium, Na	mg	338	95
Zinc, Zn	mg	3.01	0.84
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.006
Riboflavin	mg	0.318	0.089
Niacin	mg	0.114	0.032
Vitamin B-6	mg	0.061	0.017
Folate, DFE	µg	13	4
Vitamin B-12	µg	1.23	0.34
Vitamin A, RAE	µg	174	49
Vitamin A, IU	IU	659	185
Vitamin E (alpha-tocopherol)	mg	0.25	0.07

Nutrient	Unit	1 Value Per100 g	0.25 cup shredded 28g
Vitamin D (D2 + D3)	µg	0.5	0.1
Vitamin D	IU	21	6
Vitamin K (phylloquinone)	µg	2.5	0.7
Lipids			
Fatty acids, total saturated	g	17.027	4.768
Fatty acids, total monounsaturated	g	7.871	2.204
Fatty acids, total polyunsaturated	g	0.864	0.242
Cholesterol	mg	95	27
Other			
Caffeine	mg	0	0