

Basic Report 01270, Cheese, cheddar, sharp, sliced

Report Date: January 29, 2015 13:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	255 Value Per 25,500 g	1 slice 2/3 oz. slice 19g	1 slice 3/4 oz. slice 21g	1 slice 1 oz. slice 28g
Proximates					
Water	g	9218.25	6.87	7.59	10.12
Energy	kcal	104550	78	86	115
Protein	g	6183.75	4.61	5.09	6.79
Total lipid (fat)	g	8624.10	6.43	7.10	9.47
Carbohydrate, by difference	g	543.15	0.40	0.45	0.60
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	68.85	0.05	0.06	0.08
Minerals					
Calcium, Ca	mg	181305	135	149	199
Iron, Fe	mg	40.80	0.03	0.03	0.04
Magnesium, Mg	mg	6885	5	6	8
Phosphorus, P	mg	117300	87	97	129
Potassium, K	mg	19380	14	16	21
Sodium, Na	mg	164220	122	135	180
Zinc, Zn	mg	953.70	0.71	0.79	1.05
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	6.885	0.005	0.006	0.008
Riboflavin	mg	110.670	0.082	0.091	0.122
Niacin	mg	9.945	0.007	0.008	0.011
Vitamin B-6	mg	19.125	0.014	0.016	0.021
Folate, DFE	µg	6885	5	6	8
Vitamin B-12	µg	224.40	0.17	0.18	0.25
Vitamin A, RAE	µg	67065	50	55	74
Vitamin A, IU	IU	253470	189	209	278

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		Value Per 25,500 g	19g	21g	28g
Vitamin E (alpha-tocopherol)	mg	198.90	0.15	0.16	0.22
Vitamin D (D2 + D3)	µg	255.0	0.2	0.2	0.3
Vitamin D	IU	10455	8	9	11
Vitamin K (phylloquinone)	µg	612.0	0.5	0.5	0.7
Lipids					
Fatty acids, total saturated	g	4938.840	3.680	4.067	5.423
Fatty acids, total monounsaturated	g	2149.140	1.601	1.770	2.360
Fatty acids, total polyunsaturated	g	365.415	0.272	0.301	0.401
Cholesterol	mg	25245	19	21	28
Other					
Caffeine	mg	0	0	0	0