

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 01023, Cheese, gruyere

Report Date: March 02, 2015 11:33 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 slice (1 oz) 28g	1 cubic inch 15g	1 cup, diced 132g	1 cup, shredded 108g	1 package (6 oz) 170g	
<b>Proximates</b>									
Water	g	33.19	9.41	9.29	4.98	43.81	35.85	56.42	
Energy	kcal	413	117	116	62	545	446	702	
Protein	g	29.81	8.45	8.35	4.47	39.35	32.19	50.68	
Total lipid (fat)	g	32.34	9.17	9.06	4.85	42.69	34.93	54.98	
Carbohydrate, by difference	g	0.36	0.10	0.10	0.05	0.48	0.39	0.61	
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Sugars, total	g	0.36	0.10	0.10	0.05	0.48	0.39	0.61	
<b>Minerals</b>									
Calcium, Ca	mg	1011	287	283	152	1335	1092	1719	
Iron, Fe	mg	0.17	0.05	0.05	0.03	0.22	0.18	0.29	
Magnesium, Mg	mg	36	10	10	5	48	39	61	
Phosphorus, P	mg	605	172	169	91	799	653	1028	
Potassium, K	mg	81	23	23	12	107	87	138	
Sodium, Na	mg	714	202	200	107	942	771	1214	
Zinc, Zn	mg	3.90	1.11	1.09	0.58	5.15	4.21	6.63	
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Thiamin	mg	0.060	0.017	0.017	0.009	0.079	0.065	0.102	
Riboflavin	mg	0.279	0.079	0.078	0.042	0.368	0.301	0.474	
Niacin	mg	0.106	0.030	0.030	0.016	0.140	0.114	0.180	
Vitamin B-6	mg	0.081	0.023	0.023	0.012	0.107	0.087	0.138	
Folate, DFE	µg	10	3	3	2	13	11	17	
Vitamin B-12	µg	1.60	0.45	0.45	0.24	2.11	1.73	2.72	
Vitamin A, RAE	µg	271	77	76	41	358	293	461	
Vitamin A, IU	IU	948	269	265	142	1251	1024	1612	
Vitamin E (alpha-tocopherol)	mg	0.28	0.08	0.08	0.04	0.37	0.30	0.48	

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Vitamin D (D2 + D3)	µg	0.6	0.2	0.2	0.1	0.8	0.6	1.0
Vitamin D	IU	24	7	7	4	32	26	41
Vitamin K (phylloquinone)	µg	2.7	0.8	0.8	0.4	3.6	2.9	4.6
<b>Lipids</b>								
Fatty acids, total saturated	g	18.913	5.362	5.296	2.837	24.965	20.426	32.152
Fatty acids, total monounsaturated	g	10.043	2.847	2.812	1.506	13.257	10.846	17.073
Fatty acids, total polyunsaturated	g	1.733	0.491	0.485	0.260	2.288	1.872	2.946
Cholesterol	mg	110	31	31	16	145	119	187
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0