

Basic Report 01023, Cheese, gruyere

Report Date: January 31, 2015 03:35 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
Proximates								
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
Minerals								
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
Vitamins								
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
Lipids								
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
Other								
Caffeine	mg	0	0	0	0	0	0	0