

Full Report (All Nutrients) 01023, Cheese, gruyere

Report Date: January 31, 2015 03:35 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 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	12	0.598	9.41	9.29	4.98	43.81	35.85	56.42
Energy	kcal	413	--	--	117	116	62	545	446	702
Energy	kJ	1728	--	--	490	484	259	2281	1866	2938
Protein	g	29.81	7	0.292	8.45	8.35	4.47	39.35	32.19	50.68
Total lipid (fat)	g	32.34	5	--	9.17	9.06	4.85	42.69	34.93	54.98
Ash	g	4.30	1	--	1.22	1.20	0.64	5.68	4.64	7.31
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	3	48.952	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	3	52.818	172	169	91	799	653	1028
Potassium, K	mg	81	1	--	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
Copper, Cu	mg	0.032	--	--	0.009	0.009	0.005	0.042	0.035	0.054
Manganese, Mn	mg	0.017	--	--	0.005	0.005	0.003	0.022	0.018	0.029
Selenium, Se	µg	14.5	--	--	4.1	4.1	2.2	19.1	15.7	24.6
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	2	--	0.017	0.017	0.009	0.079	0.065	0.102

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Riboflavin	mg	0.279	3	0.042	0.079	0.078	0.042	0.368	0.301	0.474
Niacin	mg	0.106	10	0.013	0.030	0.030	0.016	0.140	0.114	0.180
Pantothenic acid	mg	0.562	6	0.056	0.159	0.157	0.084	0.742	0.607	0.955
Vitamin B-6	mg	0.081	46	0.002	0.023	0.023	0.012	0.107	0.087	0.138
Folate, total	µg	10	51	1.218	3	3	2	13	11	17
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	10	51	1.218	3	3	2	13	11	17
Folate, DFE	µg	10	--	--	3	3	2	13	11	17
Choline, total	mg	15.4	--	--	4.4	4.3	2.3	20.3	16.6	26.2
Vitamin B-12	µg	1.60	12	0.559	0.45	0.45	0.24	2.11	1.73	2.72
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	271	--	--	77	76	41	358	293	461
Retinol	µg	268	--	--	76	75	40	354	289	456
Carotene, beta	µg	33	--	--	9	9	5	44	36	56
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	948	--	--	269	265	142	1251	1024	1612
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28	--	--	0.08	0.08	0.04	0.37	0.30	0.48
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	--	--	0.2	0.2	0.1	0.8	0.6	1.0
Vitamin D3 (cholecalciferol)	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
4:0	g	1.049	1	--	0.297	0.294	0.157	1.385	1.133	1.783
6:0	g	0.621	1	--	0.176	0.174	0.093	0.820	0.671	1.056
8:0	g	0.355	1	--	0.101	0.099	0.053	0.469	0.383	0.603
10:0	g	0.751	1	--	0.213	0.210	0.113	0.991	0.811	1.277
12:0	g	0.911	1	--	0.258	0.255	0.137	1.203	0.984	1.549
14:0	g	3.369	1	--	0.955	0.943	0.505	4.447	3.639	5.727

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16:0	g	8.753	1	--	2.481	2.451	1.313	11.554	9.453	14.880
18:0	g	2.324	1	--	0.659	0.651	0.349	3.068	2.510	3.951
Fatty acids, total monounsaturated	g	10.043	--	--	2.847	2.812	1.506	13.257	10.846	17.073
16:1 undifferentiated	g	0.724	1	--	0.205	0.203	0.109	0.956	0.782	1.231
18:1 undifferentiated	g	8.582	1	--	2.433	2.403	1.287	11.328	9.269	14.589
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	1.733	--	--	0.491	0.485	0.260	2.288	1.872	2.946
18:2 undifferentiated	g	1.300	1	--	0.369	0.364	0.195	1.716	1.404	2.210
18:3 undifferentiated	g	0.433	1	--	0.123	0.121	0.065	0.572	0.468	0.736
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	110	--	--	31	31	16	145	119	187
Amino Acids										
Tryptophan	g	0.421	--	--	0.119	0.118	0.063	0.556	0.455	0.716
Threonine	g	1.089	--	--	0.309	0.305	0.163	1.437	1.176	1.851
Isoleucine	g	1.612	--	--	0.457	0.451	0.242	2.128	1.741	2.740
Leucine	g	3.102	--	--	0.879	0.869	0.465	4.095	3.350	5.273
Lysine	g	2.710	--	--	0.768	0.759	0.406	3.577	2.927	4.607
Methionine	g	0.822	--	--	0.233	0.230	0.123	1.085	0.888	1.397
Cystine	g	0.304	--	--	0.086	0.085	0.046	0.401	0.328	0.517
Phenylalanine	g	1.743	--	--	0.494	0.488	0.261	2.301	1.882	2.963
Tyrosine	g	1.776	--	--	0.503	0.497	0.266	2.344	1.918	3.019
Valine	g	2.243	--	--	0.636	0.628	0.336	2.961	2.422	3.813
Arginine	g	0.972	--	--	0.276	0.272	0.146	1.283	1.050	1.652
Histidine	g	1.117	--	--	0.317	0.313	0.168	1.474	1.206	1.899
Alanine	g	0.958	--	--	0.272	0.268	0.144	1.265	1.035	1.629
Aspartic acid	g	1.645	--	--	0.466	0.461	0.247	2.171	1.777	2.796
Glutamic acid	g	5.981	--	--	1.696	1.675	0.897	7.895	6.459	10.168
Glycine	g	0.533	--	--	0.151	0.149	0.080	0.704	0.576	0.906

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Proline	g	3.869	--	--	1.097	1.083	0.580	5.107	4.179	6.577
Serine	g	1.719	--	--	0.487	0.481	0.258	2.269	1.857	2.922
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