

Basic Report 01026, Cheese, mozzarella, whole milk

Report Date: January 29, 2015 17:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
Proximates					
Water	g	50.01	56.01	14.18	85.02
Energy	kcal	300	336	85	510
Protein	g	22.17	24.83	6.29	37.69
Total lipid (fat)	g	22.35	25.03	6.34	38.00
Carbohydrate, by difference	g	2.19	2.45	0.62	3.72
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	1.03	1.15	0.29	1.75
Minerals					
Calcium, Ca	mg	505	566	143	858
Iron, Fe	mg	0.44	0.49	0.12	0.75
Magnesium, Mg	mg	20	22	6	34
Phosphorus, P	mg	354	396	100	602
Potassium, K	mg	76	85	22	129
Sodium, Na	mg	627	702	178	1066
Zinc, Zn	mg	2.92	3.27	0.83	4.96
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.030	0.034	0.009	0.051
Riboflavin	mg	0.283	0.317	0.080	0.481
Niacin	mg	0.104	0.116	0.029	0.177
Vitamin B-6	mg	0.037	0.041	0.010	0.063
Folate, DFE	µg	7	8	2	12
Vitamin B-12	µg	2.28	2.55	0.65	3.88
Vitamin A, RAE	µg	179	200	51	304
Vitamin A, IU	IU	676	757	192	1149
Vitamin E (alpha-tocopherol)	mg	0.19	0.21	0.05	0.32

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Vitamin D (D2 + D3)	µg	0.4	0.4	0.1	0.7
Vitamin D	IU	16	18	5	27
Vitamin K (phylloquinone)	µg	2.3	2.6	0.7	3.9
Lipids					
Fatty acids, total saturated	g	13.152	14.730	3.729	22.358
Fatty acids, total monounsaturated	g	6.573	7.362	1.863	11.174
Fatty acids, total polyunsaturated	g	0.765	0.857	0.217	1.301
Cholesterol	mg	79	88	22	134
Other					
Caffeine	mg	0	0	0	0