

Basic Report 01028, Cheese, mozzarella, part skim milk

Report Date: January 29, 2015 23:52 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	53.78	15.25
Energy	kcal	254	72
Protein	g	24.26	6.88
Total lipid (fat)	g	15.92	4.51
Carbohydrate, by difference	g	2.77	0.79
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.13	0.32
Minerals			
Calcium, Ca	mg	782	222
Iron, Fe	mg	0.22	0.06
Magnesium, Mg	mg	23	7
Phosphorus, P	mg	463	131
Potassium, K	mg	84	24
Sodium, Na	mg	619	175
Zinc, Zn	mg	2.76	0.78
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.018	0.005
Riboflavin	mg	0.303	0.086
Niacin	mg	0.105	0.030
Vitamin B-6	mg	0.070	0.020
Folate, DFE	µg	9	3
Vitamin B-12	µg	0.82	0.23
Vitamin A, RAE	µg	127	36
Vitamin A, IU	IU	481	136
Vitamin E (alpha-tocopherol)	mg	0.14	0.04

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.3	0.1
Vitamin D	IU	12	3
Vitamin K (phylloquinone)	µg	1.6	0.5
Lipids			
Fatty acids, total saturated	g	10.114	2.867
Fatty acids, total monounsaturated	g	4.510	1.279
Fatty acids, total polyunsaturated	g	0.472	0.134
Cholesterol	mg	64	18
Other			
Caffeine	mg	0	0