

Basic Report 01045, Cheese food, cold pack, American

Report Date: January 31, 2015 05:06 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (8 oz) 227g
Proximates				
Water	g	43.12	12.22	97.88
Energy	kcal	331	94	751
Protein	g	19.66	5.57	44.63
Total lipid (fat)	g	24.46	6.93	55.52
Carbohydrate, by difference	g	8.32	2.36	18.89
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	497	141	1128
Iron, Fe	mg	0.84	0.24	1.91
Magnesium, Mg	mg	30	9	68
Phosphorus, P	mg	400	113	908
Potassium, K	mg	363	103	824
Sodium, Na	mg	966	274	2193
Zinc, Zn	mg	3.01	0.85	6.83
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.068
Riboflavin	mg	0.446	0.126	1.012
Niacin	mg	0.074	0.021	0.168
Vitamin B-6	mg	0.141	0.040	0.320
Folate, DFE	µg	5	1	11
Vitamin B-12	µg	1.28	0.36	2.91
Vitamin A, IU	IU	705	200	1600
Lipids				
Fatty acids, total saturated	g	15.355	4.353	34.856
Fatty acids, total monounsaturated	g	7.165	2.031	16.265

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Fatty acids, total polyunsaturated	g	0.719	0.204	1.632
Cholesterol	mg	64	18	145