

Full Report (All Nutrients) 01005, Cheese, brick

Report Date: March 06, 2015 19:08 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 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates									
Water	g	41.11	26	0.258	54.27	46.45	11.65	6.99	11.51
Energy	kcal	371	--	--	490	419	105	63	104
Energy	kJ	1552	--	--	2049	1754	440	264	435
Protein	g	23.24	14	0.607	30.68	26.26	6.59	3.95	6.51
Total lipid (fat)	g	29.68	16	0.319	39.18	33.54	8.41	5.05	8.31
Ash	g	3.18	14	0.178	4.20	3.59	0.90	0.54	0.89
Carbohydrate, by difference	g	2.79	--	--	3.68	3.15	0.79	0.47	0.78
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.51	--	--	0.67	0.58	0.14	0.09	0.14
Minerals									
Calcium, Ca	mg	674	13	31.843	890	762	191	115	189
Iron, Fe	mg	0.43	3	0.074	0.57	0.49	0.12	0.07	0.12
Magnesium, Mg	mg	24	9	1.144	32	27	7	4	7
Phosphorus, P	mg	451	9	18.350	595	510	128	77	126
Potassium, K	mg	136	9	22.337	180	154	39	23	38
Sodium, Na	mg	560	9	37.232	739	633	159	95	157
Zinc, Zn	mg	2.60	2	--	3.43	2.94	0.74	0.44	0.73
Copper, Cu	mg	0.024	--	--	0.032	0.027	0.007	0.004	0.007
Manganese, Mn	mg	0.012	--	--	0.016	0.014	0.003	0.002	0.003
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.014	6	0.001	0.018	0.016	0.004	0.002	0.004

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Riboflavin	mg	0.351	11	0.010	0.463	0.397	0.100	0.060	0.098
Niacin	mg	0.118	22	0.013	0.156	0.133	0.033	0.020	0.033
Pantothenic acid	mg	0.288	17	0.040	0.380	0.325	0.082	0.049	0.081
Vitamin B-6	mg	0.065	34	0.004	0.086	0.073	0.018	0.011	0.018
Folate, total	µg	20	30	3.104	26	23	6	3	6
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	20	30	3.104	26	23	6	3	6
Folate, DFE	µg	20	--	--	26	23	6	3	6
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3
Vitamin B-12	µg	1.26	7	0.147	1.66	1.42	0.36	0.21	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	292	--	--	385	330	83	50	82
Retinol	µg	286	--	--	378	323	81	49	80
Carotene, beta	µg	76	--	--	100	86	22	13	21
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	1080	--	--	1426	1220	306	184	302
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.29	0.07	0.04	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D	IU	22	--	--	29	25	6	4	6
Vitamin K (phylloquinone)	µg	2.5	--	--	3.3	2.8	0.7	0.4	0.7
Lipids									
Fatty acids, total saturated	g	18.764	--	--	24.768	21.203	5.320	3.190	5.254
4:0	g	0.914	2	--	1.206	1.033	0.259	0.155	0.256
6:0	g	0.373	2	--	0.492	0.421	0.106	0.063	0.104
8:0	g	0.299	7	0.011	0.395	0.338	0.085	0.051	0.084
10:0	g	0.585	7	0.022	0.772	0.661	0.166	0.099	0.164
12:0	g	0.482	7	0.071	0.636	0.545	0.137	0.082	0.135
14:0	g	3.227	7	0.147	4.260	3.647	0.915	0.549	0.904

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16:0	g	8.655	7	0.366	11.425	9.780	2.454	1.471	2.423
18:0	g	3.455	7	0.138	4.561	3.904	0.979	0.587	0.967
Fatty acids, total monounsaturated	g	8.598	--	--	11.349	9.716	2.438	1.462	2.407
16:1 undifferentiated	g	0.817	7	0.070	1.078	0.923	0.232	0.139	0.229
18:1 undifferentiated	g	7.401	7	0.245	9.769	8.363	2.098	1.258	2.072
20:1	g	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
Fatty acids, total polyunsaturated	g	0.784	--	--	1.035	0.886	0.222	0.133	0.220
18:2 undifferentiated	g	0.491	7	0.051	0.648	0.555	0.139	0.083	0.137
18:3 undifferentiated	g	0.293	7	0.040	0.387	0.331	0.083	0.050	0.082
18:4	g	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
20:5 n-3 (EPA)	g	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
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	94	--	--	124	106	27	16	26
Amino Acids									
Tryptophan	g	0.324	--	--	0.428	0.366	0.092	0.055	0.091
Threonine	g	0.882	--	--	1.164	0.997	0.250	0.150	0.247
Isoleucine	g	1.137	--	--	1.501	1.285	0.322	0.193	0.318
Leucine	g	2.244	--	--	2.962	2.536	0.636	0.381	0.628
Lysine	g	2.124	--	--	2.804	2.400	0.602	0.361	0.595
Methionine	g	0.565	--	--	0.746	0.638	0.160	0.096	0.158
Cystine	g	0.131	--	--	0.173	0.148	0.037	0.022	0.037
Phenylalanine	g	1.231	--	--	1.625	1.391	0.349	0.209	0.345
Tyrosine	g	1.115	--	--	1.472	1.260	0.316	0.190	0.312
Valine	g	1.472	--	--	1.943	1.663	0.417	0.250	0.412
Arginine	g	0.874	--	--	1.154	0.988	0.248	0.149	0.245
Histidine	g	0.823	--	--	1.086	0.930	0.233	0.140	0.230
Alanine	g	0.670	--	--	0.884	0.757	0.190	0.114	0.188
Aspartic acid	g	1.588	--	--	2.096	1.794	0.450	0.270	0.445
Glutamic acid	g	5.515	--	--	7.280	6.232	1.564	0.938	1.544
Glycine	g	0.437	--	--	0.577	0.494	0.124	0.074	0.122

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Proline	g	2.575	--	--	3.399	2.910	0.730	0.438	0.721
Serine	g	1.289	--	--	1.701	1.457	0.365	0.219	0.361
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0