

Full Report (All Nutrients) 01009, Cheese, cheddar

Report Date: January 25, 2015 13:19 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, melted 244g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates										
Water 1 2	g	37.10	24	0.280	48.97	90.52	41.92	10.52	6.31	10.39
Energy	kcal	406	--	--	536	991	459	115	69	114
Energy	kJ	1698	--	--	2241	4143	1919	481	289	475
Protein 1 2	g	24.04	24	0.230	31.73	58.66	27.17	6.82	4.09	6.73
Total lipid (fat) 1	g	33.82	18	0.102	44.64	82.52	38.22	9.59	5.75	9.47
Ash 1 2	g	3.71	24	0.049	4.90	9.05	4.19	1.05	0.63	1.04
Carbohydrate, by difference	g	1.33	--	--	1.76	3.25	1.50	0.38	0.23	0.37
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total 1	g	0.28	4	--	0.37	0.68	0.32	0.08	0.05	0.08
Sucrose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Fructose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Lactose 1	g	0.18	4	--	0.24	0.44	0.20	0.05	0.03	0.05
Maltose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 1	g	0.10	4	--	0.13	0.24	0.11	0.03	0.02	0.03
Minerals										
Calcium, Ca 1 2	mg	675	24	5.257	891	1647	763	191	115	189
Iron, Fe 1	mg	0.16	18	0.008	0.21	0.39	0.18	0.05	0.03	0.04
Magnesium, Mg 1 2	mg	27	24	0.323	36	66	31	8	5	8
Phosphorus, P 1 2	mg	473	24	4.559	624	1154	534	134	80	132
Potassium, K 1	mg	76	18	4.993	100	185	86	22	13	21
Sodium, Na 1	mg	644	18	11.977	850	1571	728	183	109	180
Zinc, Zn 1 2	mg	3.43	24	0.028	4.53	8.37	3.88	0.97	0.58	0.96

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Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	1.5	0.7	0.2	0.1	0.2
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.8	1.5	0.7	0.2	0.1	0.2
Vitamin D	IU	24	--	--	32	59	27	7	4	7
Vitamin K (phylloquinone) 1 2	µg	2.9	4	0.078	3.8	7.1	3.3	0.8	0.5	0.8
Lipids										
Fatty acids, total saturated	g	19.368	--	--	25.566	47.258	21.886	5.491	3.293	5.423
4:0 1	g	0.675	18	0.009	0.891	1.647	0.763	0.191	0.115	0.189
6:0 1	g	0.565	18	0.013	0.746	1.379	0.638	0.160	0.096	0.158
8:0 1	g	0.361	18	0.006	0.477	0.881	0.408	0.102	0.061	0.101
10:0 1	g	0.857	18	0.015	1.131	2.091	0.968	0.243	0.146	0.240
12:0 1	g	0.967	18	0.013	1.276	2.359	1.093	0.274	0.164	0.271
14:0 1	g	3.103	18	0.035	4.096	7.571	3.506	0.880	0.528	0.869
15:0 1	g	0.322	18	0.004	0.425	0.786	0.364	0.091	0.055	0.090
16:0 1	g	8.705	18	0.091	11.491	21.240	9.837	2.468	1.480	2.437
17:0 1	g	0.195	18	0.004	0.257	0.476	0.220	0.055	0.033	0.055
18:0 1	g	3.547	18	0.116	4.682	8.655	4.008	1.006	0.603	0.993
20:0 1	g	0.049	18	0.001	0.065	0.120	0.055	0.014	0.008	0.014
22:0 1	g	0.014	18	0.001	0.018	0.034	0.016	0.004	0.002	0.004
24:0 1	g	0.009	18	0.000	0.012	0.022	0.010	0.003	0.002	0.003
Fatty acids, total monounsaturated	g	8.428	--	--	11.125	20.564	9.524	2.389	1.433	2.360
14:1 1	g	0.305	18	0.009	0.403	0.744	0.345	0.086	0.052	0.085
15:1 1	g	0.000	18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.492	18	0.017	0.649	1.200	0.556	0.139	0.084	0.138
16:1 c 1	g	0.388	18	0.015	0.512	0.947	0.438	0.110	0.066	0.109
16:1 t 1	g	0.104	18	0.002	0.137	0.254	0.118	0.029	0.018	0.029
17:1 1	g	0.059	18	0.003	0.078	0.144	0.067	0.017	0.010	0.017
18:1 undifferentiated 1	g	7.509	18	0.098	9.912	18.322	8.485	2.129	1.277	2.103
18:1 c 1	g	6.667	18	0.088	8.800	16.267	7.534	1.890	1.133	1.867
18:1 t 1	g	0.842	18	0.013	1.111	2.054	0.951	0.239	0.143	0.236
20:1 1	g	0.061	18	0.001	0.081	0.149	0.069	0.017	0.010	0.017
22:1 undifferentiated 1	g	0.001	18	0.000	0.001	0.002	0.001	0.000	0.000	0.000
22:1 c 1	g	0.001	18	0.000	0.001	0.002	0.001	0.000	0.000	0.000

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22:1 t 1	g	0.000	18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.433	--	--	1.892	3.497	1.619	0.406	0.244	0.401
18:2 undifferentiated 1	g	1.179	18	0.017	1.556	2.877	1.332	0.334	0.200	0.330
18:2 n-6 c,c 1	g	0.775	18	0.019	1.023	1.891	0.876	0.220	0.132	0.217
18:2 CLAs 1	g	0.174	18	0.004	0.230	0.425	0.197	0.049	0.030	0.049
18:2 t not further defined 1	g	0.230	18	0.005	0.304	0.561	0.260	0.065	0.039	0.064
18:3 undifferentiated 1	g	0.122	18	0.011	0.161	0.298	0.138	0.035	0.021	0.034
18:3 n-3 c,c,c (ALA) 1	g	0.117	18	0.011	0.154	0.285	0.132	0.033	0.020	0.033
18:3 n-6 c,c,c 1	g	0.001	18	0.001	0.001	0.002	0.001	0.000	0.000	0.000
18:3i 1	g	0.003	18	0.000	0.004	0.007	0.003	0.001	0.001	0.001
18:4 1	g	0.000	18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.007	18	0.000	0.009	0.017	0.008	0.002	0.001	0.002
20:3 undifferentiated 1	g	0.037	18	0.001	0.049	0.090	0.042	0.010	0.006	0.010
20:3 n-6 1	g	0.036	18	0.001	0.048	0.088	0.041	0.010	0.006	0.010
20:4 undifferentiated 1	g	0.050	18	0.001	0.066	0.122	0.056	0.014	0.008	0.014
20:5 n-3 (EPA) 1	g	0.010	18	0.001	0.013	0.024	0.011	0.003	0.002	0.003
22:4 1	g	0.008	18	0.001	0.011	0.020	0.009	0.002	0.001	0.002
22:5 n-3 (DPA) 1	g	0.017	18	0.001	0.022	0.041	0.019	0.005	0.003	0.005
22:6 n-3 (DHA) 1	g	0.000	18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	1.179	--	--	1.556	2.877	1.332	0.334	0.200	0.330
Fatty acids, total trans-monoenoic	g	0.946	--	--	1.249	2.308	1.069	0.268	0.161	0.265
Cholesterol 1 2	mg	102	12	4.172	135	249	115	29	17	29
Amino Acids										
Tryptophan 4	g	0.558	--	--	0.737	1.362	0.631	0.158	0.095	0.156
Threonine 4	g	1.066	--	--	1.407	2.601	1.205	0.302	0.181	0.298
Isoleucine 4	g	1.231	--	--	1.625	3.004	1.391	0.349	0.209	0.345
Leucine 4	g	1.980	--	--	2.614	4.831	2.237	0.561	0.337	0.554
Lysine 4	g	1.046	--	--	1.381	2.552	1.182	0.297	0.178	0.293
Methionine 4	g	0.558	--	--	0.737	1.362	0.631	0.158	0.095	0.156
Cystine 4	g	0.125	--	--	0.165	0.305	0.141	0.035	0.021	0.035
Phenylalanine 4	g	1.096	--	--	1.447	2.674	1.238	0.311	0.186	0.307

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Tyrosine ⁴	g	1.131	--	--	1.493	2.760	1.278	0.321	0.192	0.317
Valine ⁴	g	1.433	--	--	1.892	3.497	1.619	0.406	0.244	0.401
Arginine ⁴	g	0.558	--	--	0.737	1.362	0.631	0.158	0.095	0.156
Histidine ⁴	g	0.558	--	--	0.737	1.362	0.631	0.158	0.095	0.156
Alanine ⁴	g	0.767	--	--	1.012	1.871	0.867	0.217	0.130	0.215
Aspartic acid ⁴	g	1.770	--	--	2.336	4.319	2.000	0.502	0.301	0.496
Glutamic acid ⁴	g	4.834	--	--	6.381	11.795	5.462	1.370	0.822	1.354
Glycine ⁴	g	0.558	--	--	0.737	1.362	0.631	0.158	0.095	0.156
Proline ⁴	g	2.549	--	--	3.365	6.220	2.880	0.723	0.433	0.714
Serine ⁴	g	0.796	--	--	1.051	1.942	0.899	0.226	0.135	0.223
Hydroxyproline ²	g	0.000	3	0.000	0.000	0.000	0.000	0.000	0.000	0.000
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

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD
- ³National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD