

Basic Report 01010, Cheese, cheshire

Report Date: February 21, 2018 02:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	37.65	10.67
Energy	kcal	387	110
Protein	g	23.37	6.63
Total lipid (fat)	g	30.60	8.68
Carbohydrate, by difference	g	4.78	1.36
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	643	182
Iron, Fe	mg	0.21	0.06
Magnesium, Mg	mg	21	6
Phosphorus, P	mg	464	132
Potassium, K	mg	95	27
Sodium, Na	mg	700	198
Zinc, Zn	mg	2.79	0.79
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.046	0.013
Riboflavin	mg	0.293	0.083
Niacin	mg	0.080	0.023
Vitamin B-6	mg	0.074	0.021
Folate, DFE	µg	18	5
Vitamin B-12	µg	0.83	0.24
Vitamin A, RAE	µg	233	66
Vitamin A, IU	IU	985	279
Lipids			
Fatty acids, total saturated	g	19.475	5.521

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Fatty acids, total monounsaturated	g	8.671	2.458
Fatty acids, total polyunsaturated	g	0.870	0.247
Cholesterol	mg	103	29
Amino Acids			
Other			