

**Full Report (All Nutrients) 01010, Cheese, cheshire**

**Report Date: November 20, 2017 21:43 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 oz 28.35g
<b>Proximates</b>					
Water	g	37.65	20	0.752	10.67
Energy	kcal	387	--	--	110
Energy	kJ	1620	--	--	459
Protein	g	23.37	12	--	6.63
Total lipid (fat)	g	30.60	4	--	8.68
Ash	g	3.60	3	0.101	1.02
Carbohydrate, by difference	g	4.78	--	--	1.36
Fiber, total dietary	g	0.0	--	--	0.0
<b>Minerals</b>					
Calcium, Ca	mg	643	7	--	182
Iron, Fe	mg	0.21	4	--	0.06
Magnesium, Mg	mg	21	4	--	6
Phosphorus, P	mg	464	7	--	132
Potassium, K	mg	95	4	--	27
Sodium, Na	mg	700	4	--	198
Zinc, Zn	mg	2.79	--	--	0.79
Copper, Cu	mg	0.042	--	--	0.012
Manganese, Mn	mg	0.012	--	--	0.003
Selenium, Se	µg	14.5	--	--	4.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.046	11	0.001	0.013

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin	mg	0.293	11	0.014	0.083
Niacin	mg	0.080	--	--	0.023
Pantothenic acid	mg	0.413	--	--	0.117
Vitamin B-6	mg	0.074	--	--	0.021
Folate, total	µg	18	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	18	--	--	5
Folate, DFE	µg	18	--	--	5
Vitamin B-12	µg	0.83	--	--	0.24
Vitamin A, RAE	µg	233	--	--	66
Retinol	µg	220	--	--	62
Vitamin A, IU	IU	985	2	--	279
<b>Lipids</b>					
Fatty acids, total saturated	g	19.475	--	--	5.521
4:0	g	0.966	--	--	0.274
6:0	g	0.488	--	--	0.138
8:0	g	0.258	--	--	0.073
10:0	g	0.554	--	--	0.157
12:0	g	0.500	--	--	0.142
14:0	g	3.075	--	--	0.872
16:0	g	9.052	--	--	2.566
18:0	g	3.700	--	--	1.049
Fatty acids, total monounsaturated	g	8.671	--	--	2.458
16:1 undifferentiated	g	0.927	--	--	0.263
18:1 undifferentiated	g	7.299	--	--	2.069
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.870	--	--	0.247
18:2 undifferentiated	g	0.533	--	--	0.151
18:3 undifferentiated	g	0.337	--	--	0.096
18:4	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	103	1	--	29
<b>Amino Acids</b>					
Tryptophan	g	0.300	--	--	0.085
Threonine	g	0.832	--	--	0.236
Isoleucine	g	1.451	--	--	0.411
Leucine	g	2.238	--	--	0.634
Lysine	g	1.945	--	--	0.551
Methionine	g	0.612	--	--	0.174
Cystine	g	0.117	--	--	0.033
Phenylalanine	g	1.231	--	--	0.349
Tyrosine	g	1.128	--	--	0.320
Valine	g	1.560	--	--	0.442
Arginine	g	0.883	--	--	0.250
Histidine	g	0.821	--	--	0.233
Alanine	g	0.659	--	--	0.187
Aspartic acid	g	1.502	--	--	0.426
Glutamic acid	g	5.718	--	--	1.621
Glycine	g	0.403	--	--	0.114
Proline	g	2.634	--	--	0.747
Serine	g	1.366	--	--	0.387

**Other**