

Basic Report 01011, Cheese, colby
Report Date: May 30, 2017 03:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates							
Water	g	38.20	50.42	43.17	10.83	6.49	10.70
Energy	kcal	394	520	445	112	67	110
Protein	g	23.76	31.36	26.85	6.74	4.04	6.65
Total lipid (fat)	g	32.11	42.39	36.28	9.10	5.46	8.99
Carbohydrate, by difference	g	2.57	3.39	2.90	0.73	0.44	0.72
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.52	0.69	0.59	0.15	0.09	0.15
Minerals							
Calcium, Ca	mg	685	904	774	194	116	192
Iron, Fe	mg	0.76	1.00	0.86	0.22	0.13	0.21
Magnesium, Mg	mg	26	34	29	7	4	7
Phosphorus, P	mg	457	603	516	130	78	128
Potassium, K	mg	127	168	144	36	22	36
Sodium, Na	mg	604	797	683	171	103	169
Zinc, Zn	mg	3.07	4.05	3.47	0.87	0.52	0.86
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.015	0.020	0.017	0.004	0.003	0.004
Riboflavin	mg	0.375	0.495	0.424	0.106	0.064	0.105
Niacin	mg	0.093	0.123	0.105	0.026	0.016	0.026
Vitamin B-6	mg	0.079	0.104	0.089	0.022	0.013	0.022
Folate, DFE	µg	18	24	20	5	3	5
Vitamin B-12	µg	0.83	1.10	0.94	0.24	0.14	0.23
Vitamin A, RAE	µg	264	348	298	75	45	74
Vitamin A, IU	IU	994	1312	1123	282	169	278
Vitamin E (alpha-tocopherol)	mg	0.28	0.37	0.32	0.08	0.05	0.08

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Vitamin D (D2 + D3)	µg	0.6	0.8	0.7	0.2	0.1	0.2
Vitamin D	IU	24	32	27	7	4	7
Vitamin K (phylloquinone)	µg	2.7	3.6	3.1	0.8	0.5	0.8
Lipids							
Fatty acids, total saturated	g	20.218	26.688	22.846	5.732	3.437	5.661
Fatty acids, total monounsaturated	g	9.280	12.250	10.486	2.631	1.578	2.598
Fatty acids, total polyunsaturated	g	0.953	1.258	1.077	0.270	0.162	0.267
Cholesterol	mg	95	125	107	27	16	27
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0