

Basic Report 01011, Cheese, colby

Report Date: July 24, 2017 04:37 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 |