

Full Report (All Nutrients) 01011, Cheese, colby
Report Date: August 16, 2017 17:31 EDT

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 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	28	0.326	50.42	43.17	10.83	6.49	10.70
Energy	kcal	394	--	--	520	445	112	67	110
Energy	kJ	1647	--	--	2174	1861	467	280	461
Protein	g	23.76	20	0.431	31.36	26.85	6.74	4.04	6.65
Total lipid (fat)	g	32.11	32	0.359	42.39	36.28	9.10	5.46	8.99
Ash	g	3.36	16	0.168	4.44	3.80	0.95	0.57	0.94
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	16	15.598	904	774	194	116	192
Iron, Fe	mg	0.76	4	0.046	1.00	0.86	0.22	0.13	0.21
Magnesium, Mg	mg	26	12	1.373	34	29	7	4	7
Phosphorus, P	mg	457	12	7.800	603	516	130	78	128
Potassium, K	mg	127	12	16.038	168	144	36	22	36
Sodium, Na	mg	604	12	26.255	797	683	171	103	169
Zinc, Zn	mg	3.07	4	0.023	4.05	3.47	0.87	0.52	0.86
Copper, Cu	mg	0.042	--	--	0.055	0.047	0.012	0.007	0.012
Manganese, Mn	mg	0.012	--	--	0.016	0.014	0.003	0.002	0.003
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.015	8	0.001	0.020	0.017	0.004	0.003	0.004
Riboflavin	mg	0.375	13	0.017	0.495	0.424	0.106	0.064	0.105
Niacin	mg	0.093	9	0.024	0.123	0.105	0.026	0.016	0.026
Pantothenic acid	mg	0.210	1	--	0.277	0.237	0.060	0.036	0.059
Vitamin B-6	mg	0.079	7	0.023	0.104	0.089	0.022	0.013	0.022
Folate, total	µg	18	--	--	24	20	5	3	5
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	18	--	--	24	20	5	3	5
Folate, DFE	µg	18	--	--	24	20	5	3	5
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3
Vitamin B-12	µg	0.83	7	0.079	1.10	0.94	0.24	0.14	0.23
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	264	--	--	348	298	75	45	74
Retinol	µg	257	--	--	339	290	73	44	72
Carotene, beta	µg	82	--	--	108	93	23	14	23
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	994	--	--	1312	1123	282	169	278
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28	--	--	0.37	0.32	0.08	0.05	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2
Vitamin D3 (cholecalciferol)	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
4:0	g	1.041	1	--	1.374	1.176	0.295	0.177	0.291
6:0	g	0.259	8	0.020	0.342	0.293	0.073	0.044	0.073
8:0	g	0.324	8	0.024	0.428	0.366	0.092	0.055	0.091
10:0	g	0.597	8	0.042	0.788	0.675	0.169	0.101	0.167
12:0	g	0.422	8	0.016	0.557	0.477	0.120	0.072	0.118

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14:0	g	3.831	8	0.149	5.057	4.329	1.086	0.651	1.073
16:0	g	8.232	8	0.361	10.866	9.302	2.334	1.399	2.305
18:0	g	3.630	8	0.277	4.792	4.102	1.029	0.617	1.016
Fatty acids, total monounsaturated	g	9.280	--	--	12.250	10.486	2.631	1.578	2.598
16:1 undifferentiated	g	0.979	8	0.050	1.292	1.106	0.278	0.166	0.274
18:1 undifferentiated	g	7.813	8	0.335	10.313	8.829	2.215	1.328	2.188
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.953	--	--	1.258	1.077	0.270	0.162	0.267
18:2 undifferentiated	g	0.676	8	0.071	0.892	0.764	0.192	0.115	0.189
18:3 undifferentiated	g	0.277	8	0.049	0.366	0.313	0.079	0.047	0.078
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	95	4	2.962	125	107	27	16	27
Amino Acids									
Tryptophan	g	0.305	--	--	0.403	0.345	0.086	0.052	0.085
Threonine	g	0.845	--	--	1.115	0.955	0.240	0.144	0.237
Isoleucine	g	1.475	--	--	1.947	1.667	0.418	0.251	0.413
Leucine	g	2.275	--	--	3.003	2.571	0.645	0.387	0.637
Lysine	g	1.978	--	--	2.611	2.235	0.561	0.336	0.554
Methionine	g	0.622	--	--	0.821	0.703	0.176	0.106	0.174
Cystine	g	0.119	--	--	0.157	0.134	0.034	0.020	0.033
Phenylalanine	g	1.251	--	--	1.651	1.414	0.355	0.213	0.350
Tyrosine	g	1.147	--	--	1.514	1.296	0.325	0.195	0.321
Valine	g	1.586	--	--	2.094	1.792	0.450	0.270	0.444
Arginine	g	0.898	--	--	1.185	1.015	0.255	0.153	0.251
Histidine	g	0.834	--	--	1.101	0.942	0.236	0.142	0.234
Alanine	g	0.670	--	--	0.884	0.757	0.190	0.114	0.188
Aspartic acid	g	1.527	--	--	2.016	1.726	0.433	0.260	0.428
Glutamic acid	g	5.813	--	--	7.673	6.569	1.648	0.988	1.628

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Glycine	g	0.410	--	--	0.541	0.463	0.116	0.070	0.115
Proline	g	2.678	--	--	3.535	3.026	0.759	0.455	0.750
Serine	g	1.389	--	--	1.833	1.570	0.394	0.236	0.389
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0