

Basic Report 01161, Cheese substitute, mozzarella

Report Date: July 23, 2017 08:48 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, shredded 113g | 1 oz 28.35g | 1 cubic inch 18g | 1 slice 28g | 3.0 oz 85g |
|--------------------------------|------|------------------|----------------------|-------------|------------------|-------------|------------|
| Proximates | | | | | | | |
| Water | g | 47.36 | 53.52 | 13.43 | 8.52 | 13.26 | 40.26 |
| Energy | kcal | 248 | 280 | 70 | 45 | 69 | 211 |
| Protein | g | 11.47 | 12.96 | 3.25 | 2.06 | 3.21 | 9.75 |
| Total lipid (fat) | g | 12.22 | 13.81 | 3.46 | 2.20 | 3.42 | 10.39 |
| Carbohydrate, by difference | g | 23.67 | 26.75 | 6.71 | 4.26 | 6.63 | 20.12 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 23.67 | 26.75 | 6.71 | 4.26 | 6.63 | 20.12 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 610 | 689 | 173 | 110 | 171 | 518 |
| Iron, Fe | mg | 0.40 | 0.45 | 0.11 | 0.07 | 0.11 | 0.34 |
| Magnesium, Mg | mg | 41 | 46 | 12 | 7 | 11 | 35 |
| Phosphorus, P | mg | 583 | 659 | 165 | 105 | 163 | 496 |
| Potassium, K | mg | 455 | 514 | 129 | 82 | 127 | 387 |
| Sodium, Na | mg | 685 | 774 | 194 | 123 | 192 | 582 |
| Zinc, Zn | mg | 1.92 | 2.17 | 0.54 | 0.35 | 0.54 | 1.63 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| Thiamin | mg | 0.026 | 0.029 | 0.007 | 0.005 | 0.007 | 0.022 |
| Riboflavin | mg | 0.444 | 0.502 | 0.126 | 0.080 | 0.124 | 0.377 |
| Niacin | mg | 0.317 | 0.358 | 0.090 | 0.057 | 0.089 | 0.269 |
| Vitamin B-6 | mg | 0.051 | 0.058 | 0.014 | 0.009 | 0.014 | 0.043 |
| Folate, DFE | µg | 11 | 12 | 3 | 2 | 3 | 9 |
| Vitamin B-12 | µg | 0.81 | 0.92 | 0.23 | 0.15 | 0.23 | 0.69 |
| Vitamin A, RAE | µg | 437 | 494 | 124 | 79 | 122 | 371 |
| Vitamin A, IU | IU | 1457 | 1646 | 413 | 262 | 408 | 1238 |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | 0.12 | 0.03 | 0.02 | 0.03 | 0.09 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 1.0 | 1.1 | 0.3 | 0.2 | 0.3 | 0.8 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 3.711 | 4.193 | 1.052 | 0.668 | 1.039 | 3.154 |
| Fatty acids, total monounsaturated | g | 6.243 | 7.055 | 1.770 | 1.124 | 1.748 | 5.307 |
| Fatty acids, total polyunsaturated | g | 1.738 | 1.964 | 0.493 | 0.313 | 0.487 | 1.477 |
| Cholesterol | mg | 0 | 0 | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | | | |
| Other | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 |