

Basic Report 01161, Cheese substitute, mozzarella

Report Date: May 29, 2017 21:28 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