

Basic Report 01166, Cheese, mexican, queso asadero

Report Date: July 26, 2017 06:33 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 18g	1 slice (1 oz) 28g
Proximates							
Water	g	42.16	55.65	47.64	11.95	7.59	11.80
Energy	kcal	356	470	402	101	64	100
Protein	g	22.60	29.83	25.54	6.41	4.07	6.33
Total lipid (fat)	g	28.26	37.30	31.93	8.01	5.09	7.91
Carbohydrate, by difference	g	2.87	3.79	3.24	0.81	0.52	0.80
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	2.87	3.79	3.24	0.81	0.52	0.80
Minerals							
Calcium, Ca	mg	661	873	747	187	119	185
Iron, Fe	mg	0.51	0.67	0.58	0.14	0.09	0.14
Magnesium, Mg	mg	26	34	29	7	5	7
Phosphorus, P	mg	443	585	501	126	80	124
Potassium, K	mg	86	114	97	24	15	24
Sodium, Na	mg	705	931	797	200	127	197
Zinc, Zn	mg	3.02	3.99	3.41	0.86	0.54	0.85
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.021	0.028	0.024	0.006	0.004	0.006
Riboflavin	mg	0.223	0.294	0.252	0.063	0.040	0.062
Niacin	mg	0.181	0.239	0.205	0.051	0.033	0.051
Vitamin B-6	mg	0.053	0.070	0.060	0.015	0.010	0.015
Folate, DFE	µg	8	11	9	2	1	2
Vitamin B-12	µg	1.00	1.32	1.13	0.28	0.18	0.28
Vitamin A, RAE	µg	55	73	62	16	10	15
Vitamin A, IU	IU	190	251	215	54	34	53
Vitamin E (alpha-tocopherol)	mg	0.24	0.32	0.27	0.07	0.04	0.07

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (1 oz) 28g
Vitamin D (D2 + D3)	µg	0.5	0.7	0.6	0.1	0.1	0.1
Vitamin D	IU	21	28	24	6	4	6
Vitamin K (phylloquinone)	µg	2.4	3.2	2.7	0.7	0.4	0.7
Lipids							
Fatty acids, total saturated	g	17.939	23.679	20.271	5.086	3.229	5.023
Fatty acids, total monounsaturated	g	8.038	10.610	9.083	2.279	1.447	2.251
Fatty acids, total polyunsaturated	g	0.850	1.122	0.961	0.241	0.153	0.238
Cholesterol	mg	105	139	119	30	19	29
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0