

Basic Report 01166, Cheese, mexican, queso asadero

Report Date: May 28, 2017 04:34 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 |

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| 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 |