

Basic Report 01167, Cheese, mexican, queso chihuahua

Report Date: December 11, 2017 23:33 EST

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 17g	1 slice (1 oz) 28g
Proximates							
Water	g	39.13	51.65	44.22	11.09	6.65	10.96
Energy	kcal	374	494	423	106	64	105
Protein	g	21.56	28.46	24.36	6.11	3.67	6.04
Total lipid (fat)	g	29.68	39.18	33.54	8.41	5.05	8.31
Carbohydrate, by difference	g	5.56	7.34	6.28	1.58	0.95	1.56
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.56	7.34	6.28	1.58	0.95	1.56
Minerals							
Calcium, Ca	mg	651	859	736	185	111	182
Iron, Fe	mg	0.47	0.62	0.53	0.13	0.08	0.13
Magnesium, Mg	mg	23	30	26	7	4	6
Phosphorus, P	mg	442	583	499	125	75	124
Potassium, K	mg	52	69	59	15	9	15
Sodium, Na	mg	617	814	697	175	105	173
Zinc, Zn	mg	3.50	4.62	3.96	0.99	0.59	0.98
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.018	0.024	0.020	0.005	0.003	0.005
Riboflavin	mg	0.225	0.297	0.254	0.064	0.038	0.063
Niacin	mg	0.150	0.198	0.169	0.043	0.025	0.042
Vitamin B-6	mg	0.055	0.073	0.062	0.016	0.009	0.015
Folate, DFE	µg	2	3	2	1	0	1
Vitamin B-12	µg	1.03	1.36	1.16	0.29	0.18	0.29
Vitamin A, RAE	µg	56	74	63	16	10	16
Vitamin A, IU	IU	193	255	218	55	33	54
Vitamin E (alpha-tocopherol)	mg	0.26	0.34	0.29	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	22	29	25	6	4	6
Vitamin K (phylloquinone)	µg	2.5	3.3	2.8	0.7	0.4	0.7
Lipids							
Fatty acids, total saturated	g	18.843	24.873	21.293	5.342	3.203	5.276
Fatty acids, total monounsaturated	g	8.443	11.145	9.541	2.394	1.435	2.364
Fatty acids, total polyunsaturated	g	0.892	1.177	1.008	0.253	0.152	0.250
Cholesterol	mg	105	139	119	30	18	29
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0