

Basic Report 01169, Cheese, low-sodium, cheddar or colby

Report Date: November 21, 2017 06:55 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	38.98	51.45	44.05	11.05	6.63	10.91
Energy	kcal	398	525	450	113	68	111
Protein	g	24.35	32.14	27.52	6.90	4.14	6.82
Total lipid (fat)	g	32.62	43.06	36.86	9.25	5.55	9.13
Carbohydrate, by difference	g	1.91	2.52	2.16	0.54	0.32	0.53
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.49	0.65	0.55	0.14	0.08	0.14
Minerals							
Calcium, Ca	mg	703	928	794	199	120	197
Iron, Fe	mg	0.72	0.95	0.81	0.20	0.12	0.20
Magnesium, Mg	mg	27	36	31	8	5	8
Phosphorus, P	mg	484	639	547	137	82	136
Potassium, K	mg	112	148	127	32	19	31
Sodium, Na	mg	21	28	24	6	4	6
Zinc, Zn	mg	3.09	4.08	3.49	0.88	0.53	0.87
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	0.375	0.495	0.424	0.106	0.064	0.105
Niacin	mg	0.086	0.114	0.097	0.024	0.015	0.024
Vitamin B-6	mg	0.076	0.100	0.086	0.022	0.013	0.021
Folate, DFE	µg	18	24	20	5	3	5
Vitamin B-12	µg	0.83	1.10	0.94	0.24	0.14	0.23
Vitamin A, RAE	µg	264	348	298	75	45	74
Vitamin A, IU	IU	996	1315	1125	282	169	279
Vitamin E (alpha-tocopherol)	mg	0.28	0.37	0.32	0.08	0.05	0.08

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Vitamin D (D2 + D3)	µg	0.6	0.8	0.7	0.2	0.1	0.2
Vitamin D	IU	24	32	27	7	4	7
Vitamin K (phylloquinone)	µg	2.7	3.6	3.1	0.8	0.5	0.8
Lipids							
Fatty acids, total saturated	g	20.768	27.414	23.468	5.888	3.531	5.815
Fatty acids, total monounsaturated	g	9.189	12.129	10.384	2.605	1.562	2.573
Fatty acids, total polyunsaturated	g	0.972	1.283	1.098	0.276	0.165	0.272
Cholesterol	mg	100	132	113	28	17	28
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0