

## Basic Report 01182, USDA Commodity, cheese, cheddar, reduced fat

Report Date: May 26, 2017 22:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 113g
<b>Proximates</b>			
Water	g	48.20	54.47
Energy	kcal	282	319
Protein	g	27.20	30.74
Total lipid (fat)	g	18.30	20.68
Carbohydrate, by difference	g	2.00	2.26
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.58	0.66
<b>Minerals</b>			
Calcium, Ca	mg	905	1023
Iron, Fe	mg	0.13	0.15
Magnesium, Mg	mg	35	40
Phosphorus, P	mg	583	659
Potassium, K	mg	93	105
Sodium, Na	mg	725	819
Zinc, Zn	mg	4.30	4.86
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.030	0.034
Riboflavin	mg	0.300	0.339
Niacin	mg	0.060	0.068
Vitamin B-6	mg	0.084	0.095
Folate, DFE	µg	20	23
Vitamin B-12	µg	1.66	1.88
Vitamin A, RAE	µg	150	170
Vitamin A, IU	IU	633	715
Vitamin E (alpha-tocopherol)	mg	0.16	0.18

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup shredded 113g</b>
Vitamin D (D2 + D3)	µg	0.3	0.3
Vitamin D	IU	13	15
Vitamin K (phylloquinone)	µg	1.5	1.7
<b>Lipids</b>			
Fatty acids, total saturated	g	11.580	13.085
Fatty acids, total monounsaturated	g	5.020	5.673
Fatty acids, total polyunsaturated	g	0.750	0.848
Cholesterol	mg	56	63
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0