

Basic Report 01208, Cheese, provolone, reduced fat
Report Date: February 20, 2018 08:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 oz 28.35g	1 cup, shredded 113g	1 cubic inch 14.3g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates								
Water	g	50.60	66.79	14.35	57.18	7.24	14.17	86.02
Energy	kcal	274	362	78	310	39	77	466
Protein	g	24.70	32.60	7.00	27.91	3.53	6.92	41.99
Total lipid (fat)	g	17.60	23.23	4.99	19.89	2.52	4.93	29.92
Carbohydrate, by difference	g	3.50	4.62	0.99	3.96	0.50	0.98	5.95
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.55	0.73	0.16	0.62	0.08	0.15	0.94
Minerals								
Calcium, Ca	mg	756	998	214	854	108	212	1285
Iron, Fe	mg	0.52	0.69	0.15	0.59	0.07	0.15	0.88
Magnesium, Mg	mg	28	37	8	32	4	8	48
Phosphorus, P	mg	496	655	141	560	71	139	843
Potassium, K	mg	138	182	39	156	20	39	235
Sodium, Na	mg	615	812	174	695	88	172	1046
Zinc, Zn	mg	3.23	4.26	0.92	3.65	0.46	0.90	5.49
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.019	0.025	0.005	0.021	0.003	0.005	0.032
Riboflavin	mg	0.321	0.424	0.091	0.363	0.046	0.090	0.546
Niacin	mg	0.156	0.206	0.044	0.176	0.022	0.044	0.265
Vitamin B-6	mg	0.073	0.096	0.021	0.082	0.010	0.020	0.124
Folate, DFE	µg	10	13	3	11	1	3	17
Vitamin B-12	µg	1.46	1.93	0.41	1.65	0.21	0.41	2.48
Vitamin A, RAE	µg	141	186	40	159	20	39	240
Vitamin A, IU	IU	532	702	151	601	76	149	904
Vitamin E (alpha-tocopherol)	mg	0.15	0.20	0.04	0.17	0.02	0.04	0.26

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Vitamin D (D2 + D3)	µg	0.3	0.4	0.1	0.3	0.0	0.1	0.5
Vitamin D	IU	13	17	4	15	2	4	22
Vitamin K (phylloquinone)	µg	1.5	2.0	0.4	1.7	0.2	0.4	2.5
Lipids								
Fatty acids, total saturated	g	11.300	14.916	3.204	12.769	1.616	3.164	19.210
Fatty acids, total monounsaturated	g	4.890	6.455	1.386	5.526	0.699	1.369	8.313
Fatty acids, total polyunsaturated	g	0.510	0.673	0.145	0.576	0.073	0.143	0.867
Cholesterol	mg	55	73	16	62	8	15	94
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0