

Basic Report 01209, Cheese, Mexican, blend, reduced fat

Report Date: November 17, 2017 20:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.25 cup 28g
Proximates				
Water	g	48.20	13.66	13.50
Energy	kcal	282	80	79
Protein	g	24.69	7.00	6.91
Total lipid (fat)	g	19.40	5.50	5.43
Carbohydrate, by difference	g	3.41	0.97	0.95
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.56	0.16	0.16
Minerals				
Calcium, Ca	mg	1146	325	321
Iron, Fe	mg	0.13	0.04	0.04
Magnesium, Mg	mg	35	10	10
Phosphorus, P	mg	583	165	163
Potassium, K	mg	93	26	26
Sodium, Na	mg	776	220	217
Zinc, Zn	mg	4.30	1.22	1.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.008
Riboflavin	mg	0.300	0.085	0.084
Niacin	mg	0.060	0.017	0.017
Vitamin B-6	mg	0.084	0.024	0.024
Folate, DFE	µg	20	6	6
Vitamin B-12	µg	1.66	0.47	0.46
Vitamin A, RAE	µg	155	44	43
Vitamin A, IU	IU	586	166	164
Vitamin E (alpha-tocopherol)	mg	0.17	0.05	0.05

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Vitamin D (D2 + D3)	µg	0.4	0.1	0.1
Vitamin D	IU	14	4	4
Vitamin K (phylloquinone)	µg	1.6	0.5	0.4
Lipids				
Fatty acids, total saturated	g	11.580	3.283	3.242
Fatty acids, total monounsaturated	g	5.020	1.423	1.406
Fatty acids, total polyunsaturated	g	0.750	0.213	0.210
Cholesterol	mg	62	18	17
Amino Acids				
Other				
Caffeine	mg	0	0	0