

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

Report Date: February 21, 2018 16:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.25 cup 28g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0