

**Basic Report 01227, Cheese, dry white, queso seco**

**Report Date: February 23, 2018 13:39 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup grated 97g</b>
<b>Proximates</b>			
Water	g	42.17	40.90
Energy	kcal	325	315
Protein	g	24.51	23.77
Total lipid (fat)	g	24.35	23.62
Carbohydrate, by difference	g	2.04	1.98
Sugars, total	g	0.55	0.53
<b>Minerals</b>			
Calcium, Ca	mg	661	641
Iron, Fe	mg	0.18	0.17
Magnesium, Mg	mg	27	26
Phosphorus, P	mg	475	461
Potassium, K	mg	116	113
Sodium, Na	mg	1808	1754
Zinc, Zn	mg	3.28	3.18
<b>Vitamins</b>			
Thiamin	mg	0.038	0.037
Riboflavin	mg	0.230	0.223
Niacin	mg	0.083	0.081
Vitamin B-6	mg	0.091	0.088
Vitamin B-12	µg	1.70	1.65
Vitamin A, RAE	µg	226	219
Vitamin A, IU	IU	800	776
Vitamin E (alpha-tocopherol)	mg	0.49	0.48
Vitamin D (D2 + D3)	µg	1.8	1.7
Vitamin D	IU	73	71
Vitamin K (phylloquinone)	µg	1.5	1.5

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<b>Lipids</b>			
Fatty acids, total saturated	g	13.718	13.306
Fatty acids, total monounsaturated	g	6.418	6.225
Fatty acids, total polyunsaturated	g	1.244	1.207
Fatty acids, total trans	g	0.877	0.851
Cholesterol	mg	78	76

**Amino Acids**

**Other**