

Basic Report 01227, Cheese, dry white, queso seco

Report Date: June 28, 2017 06:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup grated 97g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup grated 97g
Lipids			
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