

## Basic Report 01228, Cheese, fresh, queso fresco

Report Date: November 20, 2017 10:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, crumbled 122g
<b>Proximates</b>			
Water	g	51.42	62.73
Energy	kcal	299	365
Protein	g	18.09	22.07
Total lipid (fat)	g	23.82	29.06
Carbohydrate, by difference	g	2.98	3.64
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	2.32	2.83
<b>Minerals</b>			
Calcium, Ca	mg	566	691
Iron, Fe	mg	0.20	0.24
Magnesium, Mg	mg	24	29
Phosphorus, P	mg	385	470
Potassium, K	mg	129	157
Sodium, Na	mg	751	916
Zinc, Zn	mg	2.58	3.15
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.042	0.051
Riboflavin	mg	0.173	0.211
Niacin	mg	0.027	0.033
Vitamin B-6	mg	0.076	0.093
Folate, DFE	µg	7	9
Vitamin B-12	µg	1.68	2.05
Vitamin A, RAE	µg	224	273
Vitamin A, IU	IU	806	983
Vitamin E (alpha-tocopherol)	mg	0.37	0.45

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, crumbled 122g</b>
Vitamin D (D2 + D3)	µg	2.7	3.3
Vitamin D	IU	110	134
Vitamin K (phylloquinone)	µg	1.0	1.2
<b>Lipids</b>			
Fatty acids, total saturated	g	12.940	15.787
Fatty acids, total monounsaturated	g	5.966	7.279
Fatty acids, total polyunsaturated	g	1.106	1.349
Fatty acids, total trans	g	0.834	1.017
Cholesterol	mg	69	84
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0