

Basic Report 01229, Cheese, white, queso blanco

Report Date: June 25, 2017 15:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, crumbled 118g
Proximates			
Water	g	48.70	57.47
Energy	kcal	310	366
Protein	g	20.38	24.05
Total lipid (fat)	g	24.31	28.69
Carbohydrate, by difference	g	2.53	2.99
Sugars, total	g	1.76	2.08
Minerals			
Calcium, Ca	mg	690	814
Iron, Fe	mg	0.18	0.21
Magnesium, Mg	mg	29	34
Phosphorus, P	mg	467	551
Potassium, K	mg	126	149
Sodium, Na	mg	704	831
Zinc, Zn	mg	3.06	3.61
Vitamins			
Thiamin	mg	0.048	0.057
Riboflavin	mg	0.230	0.271
Niacin	mg	0.035	0.041
Vitamin B-6	mg	0.086	0.101
Vitamin B-12	µg	1.75	2.06
Vitamin A, RAE	µg	157	185
Vitamin A, IU	IU	555	655
Vitamin E (alpha-tocopherol)	mg	0.47	0.55
Vitamin D (D2 + D3)	µg	0.7	0.8
Vitamin D	IU	27	32
Vitamin K (phylloquinone)	µg	1.6	1.9

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Lipids			
Fatty acids, total saturated	g	13.661	16.120
Fatty acids, total monounsaturated	g	6.459	7.622
Fatty acids, total polyunsaturated	g	1.149	1.356
Fatty acids, total trans	g	0.890	1.050
Cholesterol	mg	70	83

Amino Acids

Other