

## Full Report (All Nutrients) 01020, Cheese, fontina

Report Date: June 22, 2017 18:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

| Nutrient                       | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, diced 132g | 1 cup, shredded 108g | 1 oz 28.35g | 1 cubic inch 15g | 1 slice (1 oz) 28g | 1 package (8 oz) 227g |
|--------------------------------|------|------------------|-------------|------------|-------------------|----------------------|-------------|------------------|--------------------|-----------------------|
| <b>Proximates</b>              |      |                  |             |            |                   |                      |             |                  |                    |                       |
| Water                          | g    | 37.92            | 17          | --         | 50.05             | 40.95                | 10.75       | 5.69             | 10.62              | 86.08                 |
| Energy                         | kcal | 389              | --          | --         | 513               | 420                  | 110         | 58               | 109                | 883                   |
| Energy                         | kJ   | 1628             | --          | --         | 2149              | 1758                 | 462         | 244              | 456                | 3696                  |
| Protein                        | g    | 25.60            | 16          | --         | 33.79             | 27.65                | 7.26        | 3.84             | 7.17               | 58.11                 |
| Total lipid (fat)              | g    | 31.14            | 17          | --         | 41.10             | 33.63                | 8.83        | 4.67             | 8.72               | 70.69                 |
| Ash                            | g    | 3.79             | 17          | --         | 5.00              | 4.09                 | 1.07        | 0.57             | 1.06               | 8.60                  |
| Carbohydrate, by difference    | g    | 1.55             | --          | --         | 2.05              | 1.67                 | 0.44        | 0.23             | 0.43               | 3.52                  |
| Fiber, total dietary           | g    | 0.0              | --          | --         | 0.0               | 0.0                  | 0.0         | 0.0              | 0.0                | 0.0                   |
| Sugars, total                  | g    | 1.55             | --          | --         | 2.05              | 1.67                 | 0.44        | 0.23             | 0.43               | 3.52                  |
| <b>Minerals</b>                |      |                  |             |            |                   |                      |             |                  |                    |                       |
| Calcium, Ca                    | mg   | 550              | 1           | --         | 726               | 594                  | 156         | 82               | 154                | 1248                  |
| Iron, Fe                       | mg   | 0.23             | 1           | --         | 0.30              | 0.25                 | 0.07        | 0.03             | 0.06               | 0.52                  |
| Magnesium, Mg                  | mg   | 14               | 1           | --         | 18                | 15                   | 4           | 2                | 4                  | 32                    |
| Phosphorus, P                  | mg   | 346              | --          | --         | 457               | 374                  | 98          | 52               | 97                 | 785                   |
| Potassium, K                   | mg   | 64               | --          | --         | 84                | 69                   | 18          | 10               | 18                 | 145                   |
| Sodium, Na                     | mg   | 800              | --          | --         | 1056              | 864                  | 227         | 120              | 224                | 1816                  |
| Zinc, Zn                       | mg   | 3.50             | 1           | --         | 4.62              | 3.78                 | 0.99        | 0.53             | 0.98               | 7.95                  |
| Copper, Cu                     | mg   | 0.025            | --          | --         | 0.033             | 0.027                | 0.007       | 0.004            | 0.007              | 0.057                 |
| Manganese, Mn                  | mg   | 0.014            | --          | --         | 0.018             | 0.015                | 0.004       | 0.002            | 0.004              | 0.032                 |
| Selenium, Se                   | µg   | 14.5             | --          | --         | 19.1              | 15.7                 | 4.1         | 2.2              | 4.1                | 32.9                  |
| <b>Vitamins</b>                |      |                  |             |            |                   |                      |             |                  |                    |                       |
| Vitamin C, total ascorbic acid | mg   | 0.0              | --          | --         | 0.0               | 0.0                  | 0.0         | 0.0              | 0.0                | 0.0                   |

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| Thiamin                      | mg   | 0.021            | 1           | --         | 0.028             | 0.023                | 0.006       | 0.003            | 0.006              | 0.048                 |
| Riboflavin                   | mg   | 0.204            | 1           | --         | 0.269             | 0.220                | 0.058       | 0.031            | 0.057              | 0.463                 |
| Niacin                       | mg   | 0.150            | 1           | --         | 0.198             | 0.162                | 0.043       | 0.022            | 0.042              | 0.340                 |
| Pantothenic acid             | mg   | 0.429            | --          | --         | 0.566             | 0.463                | 0.122       | 0.064            | 0.120              | 0.974                 |
| Vitamin B-6                  | mg   | 0.083            | --          | --         | 0.110             | 0.090                | 0.024       | 0.012            | 0.023              | 0.188                 |
| Folate, total                | µg   | 6                | --          | --         | 8                 | 6                    | 2           | 1                | 2                  | 14                    |
| Folic acid                   | µg   | 0                | --          | --         | 0                 | 0                    | 0           | 0                | 0                  | 0                     |
| Folate, food                 | µg   | 6                | --          | --         | 8                 | 6                    | 2           | 1                | 2                  | 14                    |
| Folate, DFE                  | µg   | 6                | --          | --         | 8                 | 6                    | 2           | 1                | 2                  | 14                    |
| Choline, total               | mg   | 15.4             | --          | --         | 20.3              | 16.6                 | 4.4         | 2.3              | 4.3                | 35.0                  |
| Vitamin B-12                 | µg   | 1.68             | --          | --         | 2.22              | 1.81                 | 0.48        | 0.25             | 0.47               | 3.81                  |
| Vitamin B-12, added          | µg   | 0.00             | --          | --         | 0.00              | 0.00                 | 0.00        | 0.00             | 0.00               | 0.00                  |
| Vitamin A, RAE               | µg   | 261              | --          | --         | 345               | 282                  | 74          | 39               | 73                 | 592                   |
| Retinol                      | µg   | 258              | --          | --         | 341               | 279                  | 73          | 39               | 72                 | 586                   |
| Carotene, beta               | µg   | 32               | --          | --         | 42                | 35                   | 9           | 5                | 9                  | 73                    |
| Carotene, alpha              | µg   | 0                | --          | --         | 0                 | 0                    | 0           | 0                | 0                  | 0                     |
| Cryptoxanthin, beta          | µg   | 0                | --          | --         | 0                 | 0                    | 0           | 0                | 0                  | 0                     |
| Vitamin A, IU                | IU   | 913              | --          | --         | 1205              | 986                  | 259         | 137              | 256                | 2073                  |
| Lycopene                     | µg   | 0                | --          | --         | 0                 | 0                    | 0           | 0                | 0                  | 0                     |
| Lutein + zeaxanthin          | µg   | 0                | --          | --         | 0                 | 0                    | 0           | 0                | 0                  | 0                     |
| Vitamin E (alpha-tocopherol) | mg   | 0.27             | --          | --         | 0.36              | 0.29                 | 0.08        | 0.04             | 0.08               | 0.61                  |
| Vitamin E, added             | mg   | 0.00             | --          | --         | 0.00              | 0.00                 | 0.00        | 0.00             | 0.00               | 0.00                  |
| Vitamin D (D2 + D3)          | µg   | 0.6              | --          | --         | 0.8               | 0.6                  | 0.2         | 0.1              | 0.2                | 1.4                   |
| Vitamin D3 (cholecalciferol) | µg   | 0.6              | --          | --         | 0.8               | 0.6                  | 0.2         | 0.1              | 0.2                | 1.4                   |
| Vitamin D                    | IU   | 23               | --          | --         | 30                | 25                   | 7           | 3                | 6                  | 52                    |
| Vitamin K (phylloquinone)    | µg   | 2.6              | --          | --         | 3.4               | 2.8                  | 0.7         | 0.4              | 0.7                | 5.9                   |
| <b>Lipids</b>                |      |                  |             |            |                   |                      |             |                  |                    |                       |
| Fatty acids, total saturated | g    | 19.196           | --          | --         | 25.339            | 20.732               | 5.442       | 2.879            | 5.375              | 43.575                |
| 4:0                          | g    | 0.715            | 2           | --         | 0.944             | 0.772                | 0.203       | 0.107            | 0.200              | 1.623                 |
| 6:0                          | g    | 0.489            | 2           | --         | 0.645             | 0.528                | 0.139       | 0.073            | 0.137              | 1.110                 |
| 8:0                          | g    | 0.314            | 2           | --         | 0.414             | 0.339                | 0.089       | 0.047            | 0.088              | 0.713                 |
| 10:0                         | g    | 0.651            | 2           | --         | 0.859             | 0.703                | 0.185       | 0.098            | 0.182              | 1.478                 |
| 12:0                         | g    | 0.804            | 2           | --         | 1.061             | 0.868                | 0.228       | 0.121            | 0.225              | 1.825                 |

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| 14:0                               | g    | 2.964            | 2           | --         | 3.912             | 3.201                | 0.840       | 0.445            | 0.830              | 6.728                 |
| 16:0                               | g    | 8.458            | 2           | --         | 11.165            | 9.135                | 2.398       | 1.269            | 2.368              | 19.200                |
| 18:0                               | g    | 2.655            | 2           | --         | 3.505             | 2.867                | 0.753       | 0.398            | 0.743              | 6.027                 |
| Fatty acids, total monounsaturated | g    | 8.687            | --          | --         | 11.467            | 9.382                | 2.463       | 1.303            | 2.432              | 19.719                |
| 16:1 undifferentiated              | g    | 0.890            | 2           | --         | 1.175             | 0.961                | 0.252       | 0.134            | 0.249              | 2.020                 |
| 18:1 undifferentiated              | g    | 7.100            | 2           | --         | 9.372             | 7.668                | 2.013       | 1.065            | 1.988              | 16.117                |
| 20:1                               | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| 22:1 undifferentiated              | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| Fatty acids, total polyunsaturated | g    | 1.654            | --          | --         | 2.183             | 1.786                | 0.469       | 0.248            | 0.463              | 3.755                 |
| 18:2 undifferentiated              | g    | 0.864            | 2           | --         | 1.140             | 0.933                | 0.245       | 0.130            | 0.242              | 1.961                 |
| 18:3 undifferentiated              | g    | 0.790            | 2           | --         | 1.043             | 0.853                | 0.224       | 0.119            | 0.221              | 1.793                 |
| 18:4                               | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| 20:4 undifferentiated              | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| 20:5 n-3 (EPA)                     | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| 22:5 n-3 (DPA)                     | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| 22:6 n-3 (DHA)                     | g    | 0.000            | --          | --         | 0.000             | 0.000                | 0.000       | 0.000            | 0.000              | 0.000                 |
| Cholesterol                        | mg   | 116              | 1           | --         | 153               | 125                  | 33          | 17               | 32                 | 263                   |
| <b>Amino Acids</b>                 |      |                  |             |            |                   |                      |             |                  |                    |                       |
| Tryptophan                         | g    | 0.361            | --          | --         | 0.477             | 0.390                | 0.102       | 0.054            | 0.101              | 0.819                 |
| Threonine                          | g    | 0.935            | --          | --         | 1.234             | 1.010                | 0.265       | 0.140            | 0.262              | 2.122                 |
| Isoleucine                         | g    | 1.384            | --          | --         | 1.827             | 1.495                | 0.392       | 0.208            | 0.388              | 3.142                 |
| Leucine                            | g    | 2.664            | --          | --         | 3.516             | 2.877                | 0.755       | 0.400            | 0.746              | 6.047                 |
| Lysine                             | g    | 2.328            | --          | --         | 3.073             | 2.514                | 0.660       | 0.349            | 0.652              | 5.285                 |
| Methionine                         | g    | 0.706            | --          | --         | 0.932             | 0.762                | 0.200       | 0.106            | 0.198              | 1.603                 |
| Cystine                            | g    | 0.261            | --          | --         | 0.345             | 0.282                | 0.074       | 0.039            | 0.073              | 0.592                 |
| Phenylalanine                      | g    | 1.497            | --          | --         | 1.976             | 1.617                | 0.424       | 0.225            | 0.419              | 3.398                 |
| Tyrosine                           | g    | 1.524            | --          | --         | 2.012             | 1.646                | 0.432       | 0.229            | 0.427              | 3.459                 |
| Valine                             | g    | 1.926            | --          | --         | 2.542             | 2.080                | 0.546       | 0.289            | 0.539              | 4.372                 |
| Arginine                           | g    | 0.835            | --          | --         | 1.102             | 0.902                | 0.237       | 0.125            | 0.234              | 1.895                 |
| Histidine                          | g    | 0.959            | --          | --         | 1.266             | 1.036                | 0.272       | 0.144            | 0.269              | 2.177                 |
| Alanine                            | g    | 0.823            | --          | --         | 1.086             | 0.889                | 0.233       | 0.123            | 0.230              | 1.868                 |
| Aspartic acid                      | g    | 1.413            | --          | --         | 1.865             | 1.526                | 0.401       | 0.212            | 0.396              | 3.208                 |
| Glutamic acid                      | g    | 5.136            | --          | --         | 6.780             | 5.547                | 1.456       | 0.770            | 1.438              | 11.659                |

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|----------------|------|---------------------|----------------|---------------|----------------------|-------------------------|----------------|---------------------|-----------------------|--------------------------|
| Glycine        | g    | 0.457               | --             | --            | 0.603                | 0.494                   | 0.130          | 0.069               | 0.128                 | 1.037                    |
| Proline        | g    | 3.323               | --             | --            | 4.386                | 3.589                   | 0.942          | 0.498               | 0.930                 | 7.543                    |
| Serine         | g    | 1.477               | --             | --            | 1.950                | 1.595                   | 0.419          | 0.222               | 0.414                 | 3.353                    |
| <b>Other</b>   |      |                     |                |               |                      |                         |                |                     |                       |                          |
| Alcohol, ethyl | g    | 0.0                 | --             | --            | 0.0                  | 0.0                     | 0.0            | 0.0                 | 0.0                   | 0.0                      |
| Caffeine       | mg   | 0                   | --             | --            | 0                    | 0                       | 0              | 0                   | 0                     | 0                        |
| Theobromine    | mg   | 0                   | --             | --            | 0                    | 0                       | 0              | 0                   | 0                     | 0                        |