

Basic Report 01251, Cheese, Mexican blend

Report Date: October 24, 2017 01:40 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.25 cup shredded 28g |
|--------------------------------|------|------------------------|--------------------------|
| Proximates | | | |
| Water | g | 42.48 | 11.89 |
| Energy | kcal | 358 | 100 |
| Protein | g | 23.54 | 6.59 |
| Total lipid (fat) | g | 28.51 | 7.98 |
| Carbohydrate, by difference | g | 1.75 | 0.49 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 1.23 | 0.34 |
| Minerals | | | |
| Calcium, Ca | mg | 659 | 185 |
| Iron, Fe | mg | 0.59 | 0.17 |
| Magnesium, Mg | mg | 25 | 7 |
| Phosphorus, P | mg | 438 | 123 |
| Potassium, K | mg | 85 | 24 |
| Sodium, Na | mg | 338 | 95 |
| Zinc, Zn | mg | 3.01 | 0.84 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.023 | 0.006 |
| Riboflavin | mg | 0.318 | 0.089 |
| Niacin | mg | 0.114 | 0.032 |
| Vitamin B-6 | mg | 0.061 | 0.017 |
| Folate, DFE | µg | 13 | 4 |
| Vitamin B-12 | µg | 1.23 | 0.34 |
| Vitamin A, RAE | µg | 174 | 49 |
| Vitamin A, IU | IU | 659 | 185 |
| Vitamin E (alpha-tocopherol) | mg | 0.25 | 0.07 |

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|------------------------------------|-------------|---------------------------------|----------------------------------|
| Vitamin D (D2 + D3) | µg | 0.5 | 0.1 |
| Vitamin D | IU | 21 | 6 |
| Vitamin K (phylloquinone) | µg | 2.5 | 0.7 |
| Lipids | | | |
| Fatty acids, total saturated | g | 17.027 | 4.768 |
| Fatty acids, total monounsaturated | g | 7.871 | 2.204 |
| Fatty acids, total polyunsaturated | g | 0.864 | 0.242 |
| Cholesterol | mg | 95 | 27 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |