

## Basic Report 01252, Cheese product, pasteurized process, American, vitamin D fortified

Report Date: August 16, 2017 17:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice (2/3 oz) 19g	1 slice (3/4 oz) 21g
<b>Proximates</b>				
Water	g	45.07	8.56	9.46
Energy	kcal	307	58	64
Protein	g	16.09	3.06	3.38
Total lipid (fat)	g	23.06	4.38	4.84
Carbohydrate, by difference	g	8.85	1.68	1.86
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	6.24	1.19	1.31
<b>Minerals</b>				
Calcium, Ca	mg	1375	261	289
Iron, Fe	mg	0.95	0.18	0.20
Magnesium, Mg	mg	34	6	7
Phosphorus, P	mg	768	146	161
Potassium, K	mg	295	56	62
Sodium, Na	mg	1279	243	269
Zinc, Zn	mg	2.21	0.42	0.46
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.040	0.008	0.008
Riboflavin	mg	0.425	0.081	0.089
Niacin	mg	0.170	0.032	0.036
Vitamin B-6	mg	0.124	0.024	0.026
Folate, DFE	µg	18	3	4
Vitamin B-12	µg	1.52	0.29	0.32
Vitamin A, RAE	µg	270	51	57
Vitamin A, IU	IU	1261	240	265
Vitamin E (alpha-tocopherol)	mg	0.84	0.16	0.18

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Vitamin D (D2 + D3)	µg	6.5	1.2	1.4
Vitamin D	IU	259	49	54
Vitamin K (phylloquinone)	µg	3.1	0.6	0.7
<b>Lipids</b>				
Fatty acids, total saturated	g	12.931	2.457	2.716
Fatty acids, total monounsaturated	g	5.655	1.074	1.188
Fatty acids, total polyunsaturated	g	0.990	0.188	0.208
Fatty acids, total trans	g	0.817	0.155	0.172
Cholesterol	mg	78	15	16
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0