

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

Report Date: October 18, 2017 05:12 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
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	1 slice (2/3 oz) 19g	1 slice (3/4 oz) 21g
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0