

Basic Report 01260, Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution Program)

Report Date: July 19, 2019 19:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 21g
Proximates			
Water	g	44.29	9.30
Energy	kcal	316	66
Protein	g	27.35	5.74
Total lipid (fat)	g	20.41	4.29
Carbohydrate, by difference	g	2.67	0.56
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.26	0.05
Minerals			
Calcium, Ca	mg	761	160
Iron, Fe	mg	0.12	0.03
Magnesium, Mg	mg	27	6
Phosphorus, P	mg	520	109
Potassium, K	mg	63	13
Sodium, Na	mg	628	132
Zinc, Zn	mg	4.44	0.93
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.021	0.004
Riboflavin	mg	0.397	0.083
Niacin	mg	0.145	0.030
Vitamin B-6	mg	0.084	0.018
Folate, DFE	µg	20	4
Vitamin B-12	µg	1.41	0.30
Vitamin A, RAE	µg	145	30
Vitamin A, IU	IU	522	110
Vitamin E (alpha-tocopherol)	mg	0.48	0.10

Nutrient	Unit	1 Value Per100 g	1 slice 21g
Vitamin D (D2 + D3)	µg	0.3	0.1
Vitamin D	IU	13	3
Vitamin K (phylloquinone)	µg	1.5	0.3
Lipids			
Fatty acids, total saturated	g	12.602	2.646
Fatty acids, total monounsaturated	g	5.304	1.114
Fatty acids, total polyunsaturated	g	0.893	0.188
Fatty acids, total trans	g	0.733	0.154
Cholesterol	mg	76	16
Amino Acids			
Other			
Caffeine	mg	0	0