

## Full Report (All Nutrients) 01267, Cheese, mexican, queso cotija

Report Date: March 24, 2018 13:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tsp 5g
<b>Proximates</b>					
Water	g	38.00	--	--	1.90
Energy	kcal	366	--	--	18
Energy	kJ	1531	--	--	77
Protein	g	20.00	--	--	1.00
Total lipid (fat)	g	30.00	--	--	1.50
Ash	g	8.03	--	--	0.40
Carbohydrate, by difference	g	3.97	--	--	0.20
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	800	--	--	40
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	38	--	--	2
Phosphorus, P	mg	729	--	--	36
Potassium, K	mg	125	--	--	6
Sodium, Na	mg	1400	--	--	70
Zinc, Zn	mg	3.87	--	--	0.19
Copper, Cu	mg	0.238	--	--	0.012
Selenium, Se	µg	17.7	--	--	0.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.029	--	--	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tsp 5g
Riboflavin	mg	0.486	--	--	0.024
Niacin	mg	0.114	--	--	0.006
Vitamin B-6	mg	0.049	--	--	0.002
Folate, total	µg	10	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	10	--	--	0
Folate, DFE	µg	10	--	--	0
Choline, total	mg	15.4	--	--	0.8
Vitamin B-12	µg	2.26	--	--	0.11
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	229	--	--	11
Retinol	µg	223	--	--	11
Carotene, beta	µg	73	--	--	4
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	865	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.01
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.0
Vitamin D	IU	21	--	--	1
Vitamin K (phylloquinone)	µg	1.9	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	17.500	--	--	0.875
4:0	g	1.583	--	--	0.079
6:0	g	0.592	--	--	0.030
8:0	g	0.055	--	--	0.003
10:0	g	0.544	--	--	0.027
12:0	g	0.825	--	--	0.041
14:0	g	2.745	--	--	0.137
16:0	g	7.747	--	--	0.387
18:0	g	3.409	--	--	0.170

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tsp 5g
Fatty acids, total monounsaturated	g	8.333	--	--	0.417
16:1 undifferentiated	g	0.521	--	--	0.026
18:1 undifferentiated	g	7.627	--	--	0.381
20:1	g	0.185	--	--	0.009
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.187	--	--	0.059
18:2 undifferentiated	g	0.989	--	--	0.049
18:3 undifferentiated	g	0.199	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	100	--	--	5
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0