

## Basic Report 01270, Cheese, cheddar, sharp, sliced

Report Date: August 16, 2017 15:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	255 Value Per25,500 g	1 slice (2/3 oz) 19g	1 slice (3/4 oz) 21g	1 slice (1 oz) 28g
<b>Proximates</b>					
Water	g	9218.25	6.87	7.59	10.12
Energy	kcal	104550	78	86	115
Protein	g	6183.75	4.61	5.09	6.79
Total lipid (fat)	g	8624.10	6.43	7.10	9.47
Carbohydrate, by difference	g	543.15	0.40	0.45	0.60
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	68.85	0.05	0.06	0.08
<b>Minerals</b>					
Calcium, Ca	mg	181305	135	149	199
Iron, Fe	mg	40.80	0.03	0.03	0.04
Magnesium, Mg	mg	6885	5	6	8
Phosphorus, P	mg	117300	87	97	129
Potassium, K	mg	19380	14	16	21
Sodium, Na	mg	164220	122	135	180
Zinc, Zn	mg	953.70	0.71	0.79	1.05
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	6.885	0.005	0.006	0.008
Riboflavin	mg	110.670	0.082	0.091	0.122
Niacin	mg	9.945	0.007	0.008	0.011
Vitamin B-6	mg	19.125	0.014	0.016	0.021
Folate, DFE	µg	6885	5	6	8
Vitamin B-12	µg	224.40	0.17	0.18	0.25
Vitamin A, RAE	µg	67065	50	55	74
Vitamin A, IU	IU	253470	189	209	278

Nutrient	Unit	255	1 slice (2/3 oz)	1 slice (3/4 oz)	1 slice (1 oz)
		Value Per25,500 g	19g	21g	28g
Vitamin E (alpha-tocopherol)	mg	198.90	0.15	0.16	0.22
Vitamin D (D2 + D3)	µg	255.0	0.2	0.2	0.3
Vitamin D	IU	10455	8	9	11
Vitamin K (phylloquinone)	µg	612.0	0.5	0.5	0.7
<b>Lipids</b>					
Fatty acids, total saturated	g	4938.840	3.680	4.067	5.423
Fatty acids, total monounsaturated	g	2149.140	1.601	1.770	2.360
Fatty acids, total polyunsaturated	g	365.415	0.272	0.301	0.401
Fatty acids, total trans	g	300.645	0.224	0.248	0.330
Cholesterol	mg	25245	19	21	28
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0