

**Basic Report 01023, Cheese, gruyere**
**Report Date: May 25, 2017 08:25 EDT**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1 Value<br>Per100 g | 1 oz<br>28.35g | 1 slice (1 oz)<br>28g | 1 cubic inch<br>15g | 1 cup, diced<br>132g | 1 cup, shredded<br>108g | 1 package (6 oz)<br>170g |
|--------------------------------|------|---------------------|----------------|-----------------------|---------------------|----------------------|-------------------------|--------------------------|
| <b>Proximates</b>              |      |                     |                |                       |                     |                      |                         |                          |
| Water                          | g    | 33.19               | 9.41           | 9.29                  | 4.98                | 43.81                | 35.85                   | 56.42                    |
| Energy                         | kcal | 413                 | 117            | 116                   | 62                  | 545                  | 446                     | 702                      |
| Protein                        | g    | 29.81               | 8.45           | 8.35                  | 4.47                | 39.35                | 32.19                   | 50.68                    |
| Total lipid (fat)              | g    | 32.34               | 9.17           | 9.06                  | 4.85                | 42.69                | 34.93                   | 54.98                    |
| Carbohydrate, by difference    | g    | 0.36                | 0.10           | 0.10                  | 0.05                | 0.48                 | 0.39                    | 0.61                     |
| Fiber, total dietary           | g    | 0.0                 | 0.0            | 0.0                   | 0.0                 | 0.0                  | 0.0                     | 0.0                      |
| Sugars, total                  | g    | 0.36                | 0.10           | 0.10                  | 0.05                | 0.48                 | 0.39                    | 0.61                     |
| <b>Minerals</b>                |      |                     |                |                       |                     |                      |                         |                          |
| Calcium, Ca                    | mg   | 1011                | 287            | 283                   | 152                 | 1335                 | 1092                    | 1719                     |
| Iron, Fe                       | mg   | 0.17                | 0.05           | 0.05                  | 0.03                | 0.22                 | 0.18                    | 0.29                     |
| Magnesium, Mg                  | mg   | 36                  | 10             | 10                    | 5                   | 48                   | 39                      | 61                       |
| Phosphorus, P                  | mg   | 605                 | 172            | 169                   | 91                  | 799                  | 653                     | 1028                     |
| Potassium, K                   | mg   | 81                  | 23             | 23                    | 12                  | 107                  | 87                      | 138                      |
| Sodium, Na                     | mg   | 714                 | 202            | 200                   | 107                 | 942                  | 771                     | 1214                     |
| Zinc, Zn                       | mg   | 3.90                | 1.11           | 1.09                  | 0.58                | 5.15                 | 4.21                    | 6.63                     |
| <b>Vitamins</b>                |      |                     |                |                       |                     |                      |                         |                          |
| Vitamin C, total ascorbic acid | mg   | 0.0                 | 0.0            | 0.0                   | 0.0                 | 0.0                  | 0.0                     | 0.0                      |
| Thiamin                        | mg   | 0.060               | 0.017          | 0.017                 | 0.009               | 0.079                | 0.065                   | 0.102                    |
| Riboflavin                     | mg   | 0.279               | 0.079          | 0.078                 | 0.042               | 0.368                | 0.301                   | 0.474                    |
| Niacin                         | mg   | 0.106               | 0.030          | 0.030                 | 0.016               | 0.140                | 0.114                   | 0.180                    |
| Vitamin B-6                    | mg   | 0.081               | 0.023          | 0.023                 | 0.012               | 0.107                | 0.087                   | 0.138                    |
| Folate, DFE                    | µg   | 10                  | 3              | 3                     | 2                   | 13                   | 11                      | 17                       |
| Vitamin B-12                   | µg   | 1.60                | 0.45           | 0.45                  | 0.24                | 2.11                 | 1.73                    | 2.72                     |
| Vitamin A, RAE                 | µg   | 271                 | 77             | 76                    | 41                  | 358                  | 293                     | 461                      |
| Vitamin A, IU                  | IU   | 948                 | 269            | 265                   | 142                 | 1251                 | 1024                    | 1612                     |
| Vitamin E (alpha-tocopherol)   | mg   | 0.28                | 0.08           | 0.08                  | 0.04                | 0.37                 | 0.30                    | 0.48                     |

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|------------------------------------|------|---------------------|----------------|-----------------------|---------------------|----------------------|-------------------------|--------------------------|
| Vitamin D (D2 + D3)                | µg   | 0.6                 | 0.2            | 0.2                   | 0.1                 | 0.8                  | 0.6                     | 1.0                      |
| Vitamin D                          | IU   | 24                  | 7              | 7                     | 4                   | 32                   | 26                      | 41                       |
| Vitamin K (phylloquinone)          | µg   | 2.7                 | 0.8            | 0.8                   | 0.4                 | 3.6                  | 2.9                     | 4.6                      |
| <b>Lipids</b>                      |      |                     |                |                       |                     |                      |                         |                          |
| Fatty acids, total saturated       | g    | 18.913              | 5.362          | 5.296                 | 2.837               | 24.965               | 20.426                  | 32.152                   |
| Fatty acids, total monounsaturated | g    | 10.043              | 2.847          | 2.812                 | 1.506               | 13.257               | 10.846                  | 17.073                   |
| Fatty acids, total polyunsaturated | g    | 1.733               | 0.491          | 0.485                 | 0.260               | 2.288                | 1.872                   | 2.946                    |
| Cholesterol                        | mg   | 110                 | 31             | 31                    | 16                  | 145                  | 119                     | 187                      |
| <b>Amino Acids</b>                 |      |                     |                |                       |                     |                      |                         |                          |
| <b>Other</b>                       |      |                     |                |                       |                     |                      |                         |                          |
| Caffeine                           | mg   | 0                   | 0              | 0                     | 0                   | 0                    | 0                       | 0                        |