

Basic Report 01025, Cheese, monterey

Report Date: May 29, 2017 07:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates								
Water	g	41.01	54.13	46.34	11.63	6.97	11.48	69.72
Energy	kcal	373	492	421	106	63	104	634
Protein	g	24.48	32.31	27.66	6.94	4.16	6.85	41.62
Total lipid (fat)	g	30.28	39.97	34.22	8.58	5.15	8.48	51.48
Carbohydrate, by difference	g	0.68	0.90	0.77	0.19	0.12	0.19	1.16
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.50	0.66	0.56	0.14	0.09	0.14	0.85
Minerals								
Calcium, Ca	mg	746	985	843	211	127	209	1268
Iron, Fe	mg	0.72	0.95	0.81	0.20	0.12	0.20	1.22
Magnesium, Mg	mg	27	36	31	8	5	8	46
Phosphorus, P	mg	444	586	502	126	75	124	755
Potassium, K	mg	81	107	92	23	14	23	138
Sodium, Na	mg	600	792	678	170	102	168	1020
Zinc, Zn	mg	3.00	3.96	3.39	0.85	0.51	0.84	5.10
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.015	0.020	0.017	0.004	0.003	0.004	0.025
Riboflavin	mg	0.390	0.515	0.441	0.111	0.066	0.109	0.663
Niacin	mg	0.093	0.123	0.105	0.026	0.016	0.026	0.158
Vitamin B-6	mg	0.079	0.104	0.089	0.022	0.013	0.022	0.134
Folate, DFE	µg	18	24	20	5	3	5	31
Vitamin B-12	µg	0.83	1.10	0.94	0.24	0.14	0.23	1.41
Vitamin A, RAE	µg	198	261	224	56	34	55	337
Vitamin A, IU	IU	769	1015	869	218	131	215	1307
Vitamin E (alpha-tocopherol)	mg	0.26	0.34	0.29	0.07	0.04	0.07	0.44

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Vitamin D (D2 + D3)	µg	0.6	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D	IU	22	29	25	6	4	6	37
Vitamin K (phylloquinone)	µg	2.5	3.3	2.8	0.7	0.4	0.7	4.2
Lipids								
Fatty acids, total saturated	g	19.066	25.167	21.545	5.405	3.241	5.338	32.412
Fatty acids, total monounsaturated	g	8.751	11.551	9.889	2.481	1.488	2.450	14.877
Fatty acids, total polyunsaturated	g	0.899	1.187	1.016	0.255	0.153	0.252	1.528
Cholesterol	mg	89	117	101	25	15	25	151
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0