

Full Report (All Nutrients) 01025, Cheese, monterey
Report Date: June 27, 2017 01:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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	10	0.765	54.13	46.34	11.63	6.97	11.48	69.72
Energy	kcal	373	--	--	492	421	106	63	104	634
Energy	kJ	1562	--	--	2062	1765	443	266	437	2655
Protein	g	24.48	4	0.559	32.31	27.66	6.94	4.16	6.85	41.62
Total lipid (fat)	g	30.28	10	0.361	39.97	34.22	8.58	5.15	8.48	51.48
Ash	g	3.55	4	0.102	4.69	4.01	1.01	0.60	0.99	6.04
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	6	21.376	985	843	211	127	209	1268
Iron, Fe	mg	0.72	4	0.102	0.95	0.81	0.20	0.12	0.20	1.22
Magnesium, Mg	mg	27	4	1.914	36	31	8	5	8	46
Phosphorus, P	mg	444	4	9.206	586	502	126	75	124	755
Potassium, K	mg	81	4	11.148	107	92	23	14	23	138
Sodium, Na	mg	600	--	--	792	678	170	102	168	1020
Zinc, Zn	mg	3.00	4	0.071	3.96	3.39	0.85	0.51	0.84	5.10
Copper, Cu	mg	0.032	--	--	0.042	0.036	0.009	0.005	0.009	0.054
Manganese, Mn	mg	0.011	--	--	0.015	0.012	0.003	0.002	0.003	0.019
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1	24.6
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.015	--	--	0.020	0.017	0.004	0.003	0.004	0.025
Riboflavin	mg	0.390	2	--	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
Pantothenic acid	mg	0.210	--	--	0.277	0.237	0.060	0.036	0.059	0.357
Vitamin B-6	mg	0.079	--	--	0.104	0.089	0.022	0.013	0.022	0.134
Folate, total	µg	18	--	--	24	20	5	3	5	31
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	18	--	--	24	20	5	3	5	31
Folate, DFE	µg	18	--	--	24	20	5	3	5	31
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3	26.2
Vitamin B-12	µg	0.83	--	--	1.10	0.94	0.24	0.14	0.23	1.41
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	198	--	--	261	224	56	34	55	337
Retinol	µg	192	--	--	253	217	54	33	54	326
Carotene, beta	µg	78	--	--	103	88	22	13	22	133
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	769	--	--	1015	869	218	131	215	1307
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.29	0.07	0.04	0.07	0.44
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D3 (cholecalciferol)	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
4:0	g	0.982	--	--	1.296	1.110	0.278	0.167	0.275	1.669
6:0	g	0.244	--	--	0.322	0.276	0.069	0.041	0.068	0.415
8:0	g	0.306	--	--	0.404	0.346	0.087	0.052	0.086	0.520
10:0	g	0.563	--	--	0.743	0.636	0.160	0.096	0.158	0.957
12:0	g	0.398	--	--	0.525	0.450	0.113	0.068	0.111	0.677

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14:0	g	3.613	--	--	4.769	4.083	1.024	0.614	1.012	6.142
16:0	g	7.763	--	--	10.247	8.772	2.201	1.320	2.174	13.197
18:0	g	3.423	--	--	4.518	3.868	0.970	0.582	0.958	5.819
Fatty acids, total monounsaturated	g	8.751	--	--	11.551	9.889	2.481	1.488	2.450	14.877
16:1 undifferentiated	g	0.923	--	--	1.218	1.043	0.262	0.157	0.258	1.569
18:1 undifferentiated	g	7.368	--	--	9.726	8.326	2.089	1.253	2.063	12.526
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.899	--	--	1.187	1.016	0.255	0.153	0.252	1.528
18:2 undifferentiated	g	0.637	--	--	0.841	0.720	0.181	0.108	0.178	1.083
18:3 undifferentiated	g	0.261	--	--	0.345	0.295	0.074	0.044	0.073	0.444
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	89	--	--	117	101	25	15	25	151
Amino Acids										
Tryptophan	g	0.315	--	--	0.416	0.356	0.089	0.054	0.088	0.535
Threonine	g	0.871	--	--	1.150	0.984	0.247	0.148	0.244	1.481
Isoleucine	g	1.519	--	--	2.005	1.716	0.431	0.258	0.425	2.582
Leucine	g	2.344	--	--	3.094	2.649	0.665	0.398	0.656	3.985
Lysine	g	2.037	--	--	2.689	2.302	0.577	0.346	0.570	3.463
Methionine	g	0.641	--	--	0.846	0.724	0.182	0.109	0.179	1.090
Cystine	g	0.123	--	--	0.162	0.139	0.035	0.021	0.034	0.209
Phenylalanine	g	1.289	--	--	1.701	1.457	0.365	0.219	0.361	2.191
Tyrosine	g	1.182	--	--	1.560	1.336	0.335	0.201	0.331	2.009
Valine	g	1.635	--	--	2.158	1.848	0.464	0.278	0.458	2.780
Arginine	g	0.925	--	--	1.221	1.045	0.262	0.157	0.259	1.573
Histidine	g	0.859	--	--	1.134	0.971	0.244	0.146	0.241	1.460
Alanine	g	0.691	--	--	0.912	0.781	0.196	0.117	0.193	1.175
Aspartic acid	g	1.573	--	--	2.076	1.777	0.446	0.267	0.440	2.674
Glutamic acid	g	5.990	--	--	7.907	6.769	1.698	1.018	1.677	10.183

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Glycine	g	0.422	--	--	0.557	0.477	0.120	0.072	0.118	0.717
Proline	g	2.759	--	--	3.642	3.118	0.782	0.469	0.773	4.690
Serine	g	1.431	--	--	1.889	1.617	0.406	0.243	0.401	2.433
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0