

## Basic Report 01026, Cheese, mozzarella, whole milk

Report Date: July 26, 2017 06:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
<b>Proximates</b>					
Water	g	50.01	56.01	14.18	85.02
Energy	kcal	300	336	85	510
Protein	g	22.17	24.83	6.29	37.69
Total lipid (fat)	g	22.35	25.03	6.34	38.00
Carbohydrate, by difference	g	2.19	2.45	0.62	3.72
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	1.03	1.15	0.29	1.75
<b>Minerals</b>					
Calcium, Ca	mg	505	566	143	858
Iron, Fe	mg	0.44	0.49	0.12	0.75
Magnesium, Mg	mg	20	22	6	34
Phosphorus, P	mg	354	396	100	602
Potassium, K	mg	76	85	22	129
Sodium, Na	mg	627	702	178	1066
Zinc, Zn	mg	2.92	3.27	0.83	4.96
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.030	0.034	0.009	0.051
Riboflavin	mg	0.283	0.317	0.080	0.481
Niacin	mg	0.104	0.116	0.029	0.177
Vitamin B-6	mg	0.037	0.041	0.010	0.063
Folate, DFE	µg	7	8	2	12
Vitamin B-12	µg	2.28	2.55	0.65	3.88
Vitamin A, RAE	µg	179	200	51	304
Vitamin A, IU	IU	676	757	192	1149
Vitamin E (alpha-tocopherol)	mg	0.19	0.21	0.05	0.32

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Vitamin D (D2 + D3)	µg	0.4	0.4	0.1	0.7
Vitamin D	IU	16	18	5	27
Vitamin K (phylloquinone)	µg	2.3	2.6	0.7	3.9
<b>Lipids</b>					
Fatty acids, total saturated	g	13.152	14.730	3.729	22.358
Fatty acids, total monounsaturated	g	6.573	7.362	1.863	11.174
Fatty acids, total polyunsaturated	g	0.765	0.857	0.217	1.301
Cholesterol	mg	79	88	22	134
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0