

Basic Report 01026, Cheese, mozzarella, whole milk

Report Date: September 21, 2019 18:22 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
Proximates					
Water	g	50.01	56.01	14.18	85.02
Energy	kcal	299	335	85	508
Protein	g	22.17	24.83	6.29	37.69
Total lipid (fat)	g	22.14	24.80	6.28	37.64
Carbohydrate, by difference	g	2.40	2.69	0.68	4.08
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
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	486	544	138	826
Zinc, Zn	mg	2.92	3.27	0.83	4.96
Vitamins					
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
Lipids					
Fatty acids, total saturated	g	13.900	15.568	3.941	23.630
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0