

**Basic Report 01009, Cheese, cheddar (Includes foods for USDA's Food Distribution Program)**

Report Date: July 21, 2019 15:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, melted 244g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
<b>Proximates</b>								
Water	g	36.75	48.51	89.67	41.53	10.42	6.25	10.29
Energy	kcal	403	532	983	455	114	69	113
Protein	g	22.87	30.19	55.80	25.84	6.48	3.89	6.40
Total lipid (fat)	g	33.31	43.97	81.28	37.64	9.44	5.66	9.33
Carbohydrate, by difference	g	3.37	4.45	8.22	3.81	0.96	0.57	0.94
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.48	0.63	1.17	0.54	0.14	0.08	0.13
<b>Minerals</b>								
Calcium, Ca	mg	710	937	1732	802	201	121	199
Iron, Fe	mg	0.14	0.18	0.34	0.16	0.04	0.02	0.04
Magnesium, Mg	mg	27	36	66	31	8	5	8
Phosphorus, P	mg	455	601	1110	514	129	77	127
Potassium, K	mg	76	100	185	86	22	13	21
Sodium, Na	mg	653	862	1593	738	185	111	183
Zinc, Zn	mg	3.64	4.80	8.88	4.11	1.03	0.62	1.02
<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	0.029	0.038	0.071	0.033	0.008	0.005	0.008
Riboflavin	mg	0.428	0.565	1.044	0.484	0.121	0.073	0.120
Niacin	mg	0.059	0.078	0.144	0.067	0.017	0.010	0.017
Vitamin B-6	mg	0.066	0.087	0.161	0.075	0.019	0.011	0.018
Folate, DFE	µg	27	36	66	31	8	5	8
Vitamin B-12	µg	1.10	1.45	2.68	1.24	0.31	0.19	0.31
Vitamin A, RAE	µg	337	445	822	381	96	57	94
Vitamin A, IU	IU	1242	1639	3030	1403	352	211	348
Vitamin E (alpha-tocopherol)	mg	0.71	0.94	1.73	0.80	0.20	0.12	0.20

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Vitamin D (D2 + D3)	µg	0.6	0.8	1.5	0.7	0.2	0.1	0.2
Vitamin D	IU	24	32	59	27	7	4	7
Vitamin K (phylloquinone)	µg	2.4	3.2	5.9	2.7	0.7	0.4	0.7
<b>Lipids</b>								
Fatty acids, total saturated	g	18.867	24.904	46.035	21.320	5.349	3.207	5.283
Fatty acids, total monounsaturated	g	9.391	12.396	22.914	10.612	2.662	1.596	2.629
Fatty acids, total polyunsaturated	g	0.942	1.243	2.298	1.064	0.267	0.160	0.264
Cholesterol	mg	99	131	242	112	28	17	28
<b>Amino Acids</b>								
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0