

Basic Report 01168, Cheese, low fat, cheddar or colby

Report Date: June 19, 2019 15:32 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
Proximates							
Water	g	63.10	83.29	71.30	17.89	10.73	17.67
Energy	kcal	173	228	195	49	29	48
Protein	g	24.35	32.14	27.52	6.90	4.14	6.82
Total lipid (fat)	g	7.00	9.24	7.91	1.98	1.19	1.96
Carbohydrate, by difference	g	1.91	2.52	2.16	0.54	0.32	0.53
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.52	0.69	0.59	0.15	0.09	0.15
Minerals							
Calcium, Ca	mg	415	548	469	118	71	116
Iron, Fe	mg	0.42	0.55	0.47	0.12	0.07	0.12
Magnesium, Mg	mg	16	21	18	5	3	4
Phosphorus, P	mg	484	639	547	137	82	136
Potassium, K	mg	66	87	75	19	11	18
Sodium, Na	mg	873	1152	986	247	148	244
Zinc, Zn	mg	1.82	2.40	2.06	0.52	0.31	0.51
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.012	0.016	0.014	0.003	0.002	0.003
Riboflavin	mg	0.221	0.292	0.250	0.063	0.038	0.062
Niacin	mg	0.051	0.067	0.058	0.014	0.009	0.014
Vitamin B-6	mg	0.045	0.059	0.051	0.013	0.008	0.013
Folate, DFE	µg	11	15	12	3	2	3
Vitamin B-12	µg	0.49	0.65	0.55	0.14	0.08	0.14
Vitamin A, RAE	µg	60	79	68	17	10	17
Vitamin A, IU	IU	207	273	234	59	35	58
Vitamin E (alpha-tocopherol)	mg	0.06	0.08	0.07	0.02	0.01	0.02

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.1	0.0	0.0	0.0
Vitamin D	IU	5	7	6	1	1	1
Vitamin K (phylloquinone)	µg	0.6	0.8	0.7	0.2	0.1	0.2
Lipids							
Fatty acids, total saturated	g	4.342	5.731	4.906	1.231	0.738	1.216
Fatty acids, total monounsaturated	g	2.082	2.748	2.353	0.590	0.354	0.583
Fatty acids, total polyunsaturated	g	0.222	0.293	0.251	0.063	0.038	0.062
Cholesterol	mg	21	28	24	6	4	6
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0