

Basic Report 01254, Cheese food, pasteurized process, American, without added vitamin D

Report Date: June 18, 2019 13:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Proximates						
Water	g	44.00	49.72	12.47	9.24	99.88
Energy	kcal	330	373	94	69	749
Protein	g	16.86	19.05	4.78	3.54	38.27
Total lipid (fat)	g	25.63	28.96	7.27	5.38	58.18
Carbohydrate, by difference	g	8.56	9.67	2.43	1.80	19.43
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.59	6.32	1.58	1.17	12.69
Minerals						
Calcium, Ca	mg	682	771	193	143	1548
Iron, Fe	mg	0.26	0.29	0.07	0.05	0.59
Magnesium, Mg	mg	27	31	8	6	61
Phosphorus, P	mg	438	495	124	92	994
Potassium, K	mg	255	288	72	54	579
Sodium, Na	mg	1441	1628	409	303	3271
Zinc, Zn	mg	2.31	2.61	0.65	0.49	5.24
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.035	0.040	0.010	0.007	0.079
Riboflavin	mg	0.360	0.407	0.102	0.076	0.817
Niacin	mg	0.155	0.175	0.044	0.033	0.352
Vitamin B-6	mg	0.102	0.115	0.029	0.021	0.232
Folate, DFE	µg	7	8	2	1	16
Vitamin B-12	µg	1.33	1.50	0.38	0.28	3.02
Vitamin A, RAE	µg	240	271	68	50	545
Vitamin A, IU	IU	890	1006	252	187	2020
Vitamin E (alpha-tocopherol)	mg	0.63	0.71	0.18	0.13	1.43

Nutrient	Unit	1 Value Per100 g	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Vitamin D (D2 + D3)	µg	2.5	2.8	0.7	0.5	5.7
Vitamin D	IU	102	115	29	21	232
Vitamin K (phylloquinone)	µg	2.6	2.9	0.7	0.5	5.9
Lipids						
Fatty acids, total saturated	g	15.057	17.014	4.269	3.162	34.179
Fatty acids, total monounsaturated	g	6.846	7.736	1.941	1.438	15.540
Fatty acids, total polyunsaturated	g	1.049	1.185	0.297	0.220	2.381
Fatty acids, total trans	g	0.917	1.036	0.260	0.193	2.082
Cholesterol	mg	98	111	28	21	222
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0