

Full Report (All Nutrients) 01254, Cheese food, pasteurized process, American, without added vitamin D

Report Date: September 20, 2019 01:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Proximates								
Water 1	g	44.00	7	0.290	49.72	12.47	9.24	99.88
Energy	kcal	330	--	--	373	94	69	749
Energy	kJ	1382	--	--	1562	392	290	3137
Protein 1	g	16.86	7	0.320	19.05	4.78	3.54	38.27
Total lipid (fat) 1	g	25.63	7	0.490	28.96	7.27	5.38	58.18
Ash 1	g	4.96	7	0.330	5.60	1.41	1.04	11.26
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 1	g	5.59	3	0.200	6.32	1.58	1.17	12.69
Sucrose 1	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Fructose 1	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Lactose 1	g	5.41	3	0.180	6.11	1.53	1.14	12.28
Maltose 1	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Galactose 1	g	0.18	3	0.010	0.20	0.05	0.04	0.41
Minerals								
Calcium, Ca 1	mg	682	10	114.000	771	193	143	1548
Iron, Fe 1	mg	0.26	10	0.070	0.29	0.07	0.05	0.59
Magnesium, Mg 1	mg	27	10	1.000	31	8	6	61
Phosphorus, P 1	mg	438	10	46.000	495	124	92	994
Potassium, K 1	mg	255	10	14.000	288	72	54	579
Sodium, Na	mg	1441	--	--	1628	409	303	3271

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Zinc, Zn 1	mg	2.31	10	0.020	2.61	0.65	0.49	5.24
Copper, Cu 1	mg	0.034	10	0.003	0.038	0.010	0.007	0.077
Manganese, Mn 1	mg	0.025	10	0.003	0.028	0.007	0.005	0.057
Selenium, Se 1	µg	19.6	2	--	22.1	5.6	4.1	44.5
Fluoride, F 2	µg	35.0	9	--	39.5	9.9	7.3	79.5
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0
Thiamin 1	mg	0.035	2	--	0.040	0.010	0.007	0.079
Riboflavin 1	mg	0.360	3	0.020	0.407	0.102	0.076	0.817
Niacin 1	mg	0.155	2	--	0.175	0.044	0.033	0.352
Pantothenic acid 1	mg	0.855	2	--	0.966	0.242	0.180	1.941
Vitamin B-6 1	mg	0.102	1	--	0.115	0.029	0.021	0.232
Folate, total	µg	7	--	--	8	2	1	16
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	7	--	--	8	2	1	16
Folate, DFE	µg	7	--	--	8	2	1	16
Choline, total 1	mg	29.9	--	--	33.8	8.5	6.3	67.9
Betaine 1	mg	1.0	1	--	1.1	0.3	0.2	2.3
Vitamin B-12 1	µg	1.33	3	0.120	1.50	0.38	0.28	3.02
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	240	--	--	271	68	50	545
Retinol 1	µg	235	1	--	266	67	49	533
Carotene, beta 1	µg	58	2	--	66	16	12	132
Carotene, alpha 1	µg	1	2	--	1	0	0	2
Cryptoxanthin, beta 1	µg	11	2	--	12	3	2	25
Vitamin A, IU	IU	890	--	--	1006	252	187	2020
Lycopene 1	µg	0	2	--	0	0	0	0
Lutein + zeaxanthin 1	µg	23	2	--	26	7	5	52
Vitamin E (alpha-tocopherol) 1	mg	0.63	2	--	0.71	0.18	0.13	1.43
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	2	--	0.00	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.06	2	--	0.07	0.02	0.01	0.14

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Tocopherol, delta 1	mg	0.01	2	--	0.01	0.00	0.00	0.02
Tocotrienol, alpha 1	mg	0.02	2	--	0.02	0.01	0.00	0.05
Tocotrienol, beta 1	mg	0.02	2	--	0.02	0.01	0.00	0.05
Tocotrienol, gamma 1	mg	0.02	2	--	0.02	0.01	0.00	0.05
Tocotrienol, delta 1	mg	0.05	2	--	0.06	0.01	0.01	0.11
Vitamin D (D2 + D3)	µg	2.5	4	--	2.8	0.7	0.5	5.7
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol) 1	µg	2.5	2	--	2.8	0.7	0.5	5.7
Vitamin D 1	IU	102	2	--	115	29	21	232
Vitamin K (phylloquinone) 1	µg	2.6	2	--	2.9	0.7	0.5	5.9
Lipids								
Fatty acids, total saturated	g	15.057	--	--	17.014	4.269	3.162	34.179
4:0 1	g	0.515	3	0.029	0.582	0.146	0.108	1.169
6:0 1	g	0.444	3	0.002	0.502	0.126	0.093	1.008
8:0 1	g	0.276	3	0.011	0.312	0.078	0.058	0.627
10:0 1	g	0.664	3	0.027	0.750	0.188	0.139	1.507
12:0 1	g	0.743	3	0.039	0.840	0.211	0.156	1.687
13:0 3	g	0.025	3	0.001	0.028	0.007	0.005	0.057
14:0 1	g	2.473	3	0.127	2.794	0.701	0.519	5.614
15:0 1	g	0.263	3	0.014	0.297	0.075	0.055	0.597
16:0 1	g	6.837	3	0.380	7.726	1.938	1.436	15.520
17:0 1	g	0.161	3	0.008	0.182	0.046	0.034	0.365
18:0 1	g	2.601	3	0.134	2.939	0.737	0.546	5.904
20:0 1	g	0.039	3	0.003	0.044	0.011	0.008	0.089
22:0 1	g	0.018	3	0.002	0.020	0.005	0.004	0.041
24:0 1	g	0.008	3	0.001	0.009	0.002	0.002	0.018
Fatty acids, total monounsaturated	g	6.846	--	--	7.736	1.941	1.438	15.540
14:1 1	g	0.210	3	0.012	0.237	0.060	0.044	0.477
15:1 1	g	0.000	3	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.445	3	0.026	0.503	0.126	0.093	1.010
16:1 c 1	g	0.358	3	0.019	0.405	0.101	0.075	0.813
16:1 t 1	g	0.087	3	0.007	0.098	0.025	0.018	0.197

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17:1 1	g	0.053	3	0.003	0.060	0.015	0.011	0.120
18:1 undifferentiated 1	g	5.947	3	0.345	6.720	1.686	1.249	13.500
18:1 c 1	g	5.277	3	0.305	5.963	1.496	1.108	11.979
18:1 t 1	g	0.670	3	0.041	0.757	0.190	0.141	1.521
20:1 1	g	0.190	3	0.013	0.215	0.054	0.040	0.431
22:1 undifferentiated 1	g	0.000	3	0.000	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	3	0.000	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	3	0.000	0.000	0.000	0.000	0.000
24:1 c 1	g	0.001	3	0.001	0.001	0.000	0.000	0.002
Fatty acids, total polyunsaturated	g	1.049	--	--	1.185	0.297	0.220	2.381
18:2 undifferentiated 1	g	0.806	3	0.061	0.911	0.229	0.169	1.830
18:2 n-6 c,c 1	g	0.630	3	0.049	0.712	0.179	0.132	1.430
18:2 CLAs 1	g	0.017	3	0.000	0.019	0.005	0.004	0.039
18:2 t not further defined 1	g	0.159	3	0.015	0.180	0.045	0.033	0.361
18:3 undifferentiated 1	g	0.123	3	0.010	0.139	0.035	0.026	0.279
18:3 n-3 c,c,c (ALA) 1	g	0.121	3	0.009	0.137	0.034	0.025	0.275
18:3 n-6 c,c,c 1	g	0.002	3	0.000	0.002	0.001	0.000	0.005
18:4 1	g	0.007	3	0.001	0.008	0.002	0.001	0.016
20:2 n-6 c,c 1	g	0.008	3	0.001	0.009	0.002	0.002	0.018
20:3 undifferentiated 1	g	0.028	3	0.002	0.032	0.008	0.006	0.064
20:3 n-6 1	g	0.027	3	0.002	0.031	0.008	0.006	0.061
20:4 undifferentiated 1	g	0.036	3	0.004	0.041	0.010	0.008	0.082
20:5 n-3 (EPA) 1	g	0.008	3	0.004	0.009	0.002	0.002	0.018
22:4 1	g	0.006	3	0.001	0.007	0.002	0.001	0.014
22:5 n-3 (DPA) 1	g	0.018	3	0.001	0.020	0.005	0.004	0.041
22:6 n-3 (DHA) 1	g	0.005	3	0.001	0.006	0.001	0.001	0.011
Fatty acids, total trans	g	0.917	--	--	1.036	0.260	0.193	2.082
Fatty acids, total trans-monoenoic	g	0.758	--	--	0.857	0.215	0.159	1.721
Cholesterol 1	mg	98	2	--	111	28	21	222
Amino Acids								
Tryptophan 3	g	0.241	--	--	0.272	0.068	0.051	0.547
Threonine 3	g	0.720	--	--	0.814	0.204	0.151	1.634

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Isoleucine ³	g	0.858	--	--	0.970	0.243	0.180	1.948
Leucine ³	g	1.592	--	--	1.799	0.451	0.334	3.614
Lysine ³	g	1.302	--	--	1.471	0.369	0.273	2.956
Methionine ³	g	0.380	--	--	0.429	0.108	0.080	0.863
Cystine ³	g	0.174	--	--	0.197	0.049	0.037	0.395
Phenylalanine ³	g	0.829	--	--	0.937	0.235	0.174	1.882
Tyrosine ³	g	0.833	--	--	0.941	0.236	0.175	1.891
Valine ³	g	1.010	--	--	1.141	0.286	0.212	2.293
Arginine ³	g	0.613	--	--	0.693	0.174	0.129	1.392
Histidine ³	g	0.448	--	--	0.506	0.127	0.094	1.017
Alanine ³	g	0.518	--	--	0.585	0.147	0.109	1.176
Aspartic acid ³	g	1.191	--	--	1.346	0.338	0.250	2.704
Glutamic acid ³	g	3.495	--	--	3.949	0.991	0.734	7.934
Glycine ³	g	0.322	--	--	0.364	0.091	0.068	0.731
Proline ³	g	1.847	--	--	2.087	0.524	0.388	4.193
Serine ³	g	0.932	--	--	1.053	0.264	0.196	2.116
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15e, 2011 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD