

## Basic Report 01270, Cheese, cheddar, sharp, sliced

Report Date: July 15, 2019 20:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice (2/3 oz) 19g	1 slice (3/4 oz) 21g	1 slice (1 oz) 28g
<b>Proximates</b>					
Water	g	36.15	6.87	7.59	10.12
Energy	kcal	410	78	86	115
Protein	g	24.25	4.61	5.09	6.79
Total lipid (fat)	g	33.82	6.43	7.10	9.47
Carbohydrate, by difference	g	2.13	0.40	0.45	0.60
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.27	0.05	0.06	0.08
<b>Minerals</b>					
Calcium, Ca	mg	711	135	149	199
Iron, Fe	mg	0.16	0.03	0.03	0.04
Magnesium, Mg	mg	27	5	6	8
Phosphorus, P	mg	460	87	97	129
Potassium, K	mg	76	14	16	21
Sodium, Na	mg	644	122	135	180
Zinc, Zn	mg	3.74	0.71	0.79	1.05
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.027	0.005	0.006	0.008
Riboflavin	mg	0.434	0.082	0.091	0.122
Niacin	mg	0.039	0.007	0.008	0.011
Vitamin B-6	mg	0.075	0.014	0.016	0.021
Folate, DFE	µg	27	5	6	8
Vitamin B-12	µg	0.88	0.17	0.18	0.25
Vitamin A, RAE	µg	263	50	55	74
Vitamin A, IU	IU	994	189	209	278
Vitamin E (alpha-tocopherol)	mg	0.78	0.15	0.16	0.22

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Vitamin D (D2 + D3)	µg	1.0	0.2	0.2	0.3
Vitamin D	IU	41	8	9	11
Vitamin K (phylloquinone)	µg	2.4	0.5	0.5	0.7
<b>Lipids</b>					
Fatty acids, total saturated	g	19.368	3.680	4.067	5.423
Fatty acids, total monounsaturated	g	8.428	1.601	1.770	2.360
Fatty acids, total polyunsaturated	g	1.433	0.272	0.301	0.401
Fatty acids, total trans	g	1.179	0.224	0.248	0.330
Cholesterol	mg	99	19	21	28
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0