

## Basic Report 01034, Cheese, port de salut

Report Date: November 23, 2017 22:44 EST

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	1 package (6 oz) 170g
<b>Proximates</b>								
Water	g	45.45	59.99	51.36	12.89	7.73	12.73	77.27
Energy	kcal	352	465	398	100	60	99	598
Protein	g	23.78	31.39	26.87	6.74	4.04	6.66	40.43
Total lipid (fat)	g	28.20	37.22	31.87	7.99	4.79	7.90	47.94
Carbohydrate, by difference	g	0.57	0.75	0.64	0.16	0.10	0.16	0.97
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.57	0.75	0.64	0.16	0.10	0.16	0.97
<b>Minerals</b>								
Calcium, Ca	mg	650	858	734	184	110	182	1105
Iron, Fe	mg	0.43	0.57	0.49	0.12	0.07	0.12	0.73
Magnesium, Mg	mg	24	32	27	7	4	7	41
Phosphorus, P	mg	360	475	407	102	61	101	612
Potassium, K	mg	136	180	154	39	23	38	231
Sodium, Na	mg	534	705	603	151	91	150	908
Zinc, Zn	mg	2.60	3.43	2.94	0.74	0.44	0.73	4.42
<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	0.014	0.018	0.016	0.004	0.002	0.004	0.024
Riboflavin	mg	0.240	0.317	0.271	0.068	0.041	0.067	0.408
Niacin	mg	0.060	0.079	0.068	0.017	0.010	0.017	0.102
Vitamin B-6	mg	0.053	0.070	0.060	0.015	0.009	0.015	0.090
Folate, DFE	µg	18	24	20	5	3	5	31
Vitamin B-12	µg	1.50	1.98	1.70	0.43	0.26	0.42	2.55
Vitamin A, RAE	µg	315	416	356	89	54	88	536
Vitamin A, IU	IU	1092	1441	1234	310	186	306	1856
Vitamin E (alpha-tocopherol)	mg	0.24	0.32	0.27	0.07	0.04	0.07	0.41

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Vitamin D (D2 + D3)	µg	0.5	0.7	0.6	0.1	0.1	0.1	0.8
Vitamin D	IU	21	28	24	6	4	6	36
Vitamin K (phylloquinone)	µg	2.4	3.2	2.7	0.7	0.4	0.7	4.1
<b>Lipids</b>								
Fatty acids, total saturated	g	16.691	22.032	18.861	4.732	2.837	4.673	28.375
Fatty acids, total monounsaturated	g	9.338	12.326	10.552	2.647	1.587	2.615	15.875
Fatty acids, total polyunsaturated	g	0.729	0.962	0.824	0.207	0.124	0.204	1.239
Cholesterol	mg	123	162	139	35	21	34	209
<b>Amino Acids</b>								
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0