

Basic Report 01035, Cheese, provolone
Report Date: February 18, 2018 20:53 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates							
Water	g	40.95	54.05	11.61	6.96	11.47	69.62
Energy	kcal	351	463	100	60	98	597
Protein	g	25.58	33.77	7.25	4.35	7.16	43.49
Total lipid (fat)	g	26.62	35.14	7.55	4.53	7.45	45.25
Carbohydrate, by difference	g	2.14	2.82	0.61	0.36	0.60	3.64
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.56	0.74	0.16	0.10	0.16	0.95
Minerals							
Calcium, Ca	mg	756	998	214	129	212	1285
Iron, Fe	mg	0.52	0.69	0.15	0.09	0.15	0.88
Magnesium, Mg	mg	28	37	8	5	8	48
Phosphorus, P	mg	496	655	141	84	139	843
Potassium, K	mg	138	182	39	23	39	235
Sodium, Na	mg	876	1156	248	149	245	1489
Zinc, Zn	mg	3.23	4.26	0.92	0.55	0.90	5.49
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.019	0.025	0.005	0.003	0.005	0.032
Riboflavin	mg	0.321	0.424	0.091	0.055	0.090	0.546
Niacin	mg	0.156	0.206	0.044	0.027	0.044	0.265
Vitamin B-6	mg	0.073	0.096	0.021	0.012	0.020	0.124
Folate, DFE	µg	10	13	3	2	3	17
Vitamin B-12	µg	1.46	1.93	0.41	0.25	0.41	2.48
Vitamin A, RAE	µg	236	312	67	40	66	401
Vitamin A, IU	IU	880	1162	249	150	246	1496
Vitamin E (alpha-tocopherol)	mg	0.23	0.30	0.07	0.04	0.06	0.39

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Vitamin D (D2 + D3)	µg	0.5	0.7	0.1	0.1	0.1	0.8
Vitamin D	IU	20	26	6	3	6	34
Vitamin K (phylloquinone)	µg	2.2	2.9	0.6	0.4	0.6	3.7
Lipids							
Fatty acids, total saturated	g	17.078	22.543	4.842	2.903	4.782	29.033
Fatty acids, total monounsaturated	g	7.393	9.759	2.096	1.257	2.070	12.568
Fatty acids, total polyunsaturated	g	0.769	1.015	0.218	0.131	0.215	1.307
Cholesterol	mg	69	91	20	12	19	117
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0