

Basic Report 01040, Cheese, swiss
Report Date: October 21, 2017 08:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, melted 244g	1 cup, shredded 108g	1 oz 28.35g	1 cubic inch 15g	1 slice (1 oz) 28g
Proximates								
Water	g	37.63	49.67	91.82	40.64	10.67	5.64	10.54
Energy	kcal	393	519	959	424	111	59	110
Protein	g	26.96	35.59	65.78	29.12	7.64	4.04	7.55
Total lipid (fat)	g	30.99	40.91	75.62	33.47	8.79	4.65	8.68
Carbohydrate, by difference	g	1.44	1.90	3.51	1.56	0.41	0.22	0.40
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	890	1175	2172	961	252	134	249
Iron, Fe	mg	0.13	0.17	0.32	0.14	0.04	0.02	0.04
Magnesium, Mg	mg	33	44	81	36	9	5	9
Phosphorus, P	mg	574	758	1401	620	163	86	161
Potassium, K	mg	72	95	176	78	20	11	20
Sodium, Na	mg	187	247	456	202	53	28	52
Zinc, Zn	mg	4.37	5.77	10.66	4.72	1.24	0.66	1.22
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.011	0.015	0.027	0.012	0.003	0.002	0.003
Riboflavin	mg	0.302	0.399	0.737	0.326	0.086	0.045	0.085
Niacin	mg	0.064	0.084	0.156	0.069	0.018	0.010	0.018
Vitamin B-6	mg	0.071	0.094	0.173	0.077	0.020	0.011	0.020
Folate, DFE	µg	10	13	24	11	3	2	3
Vitamin B-12	µg	3.06	4.04	7.47	3.30	0.87	0.46	0.86
Vitamin A, RAE	µg	288	380	703	311	82	43	81
Vitamin A, IU	IU	1047	1382	2555	1131	297	157	293
Vitamin E (alpha-tocopherol)	mg	0.60	0.79	1.46	0.65	0.17	0.09	0.17

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.4	1.8	3.4	1.5	0.4	0.2	0.4
Lipids								
Fatty acids, total saturated	g	18.227	24.060	44.474	19.685	5.167	2.734	5.104
Fatty acids, total monounsaturated	g	8.046	10.621	19.632	8.690	2.281	1.207	2.253
Fatty acids, total polyunsaturated	g	1.341	1.770	3.272	1.448	0.380	0.201	0.375
Fatty acids, total trans	g	0.987	1.303	2.408	1.066	0.280	0.148	0.276
Cholesterol	mg	93	123	227	100	26	14	26
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0