

## Basic Report 01044, Cheese, pasteurized process, swiss

Report Date: June 28, 2017 11:49 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1 Value Per100 g | 1 cup, diced 140g | 1 cup, shredded 113g | 1 oz 28.35g | 1 cubic inch 18g | 1 slice (3/4 oz) 21g |
|--------------------------------|------|------------------|-------------------|----------------------|-------------|------------------|----------------------|
| <b>Proximates</b>              |      |                  |                   |                      |             |                  |                      |
| Water                          | g    | 42.31            | 59.23             | 47.81                | 11.99       | 7.62             | 8.89                 |
| Energy                         | kcal | 334              | 468               | 377                  | 95          | 60               | 70                   |
| Protein                        | g    | 24.73            | 34.62             | 27.94                | 7.01        | 4.45             | 5.19                 |
| Total lipid (fat)              | g    | 25.01            | 35.01             | 28.26                | 7.09        | 4.50             | 5.25                 |
| Carbohydrate, by difference    | g    | 2.10             | 2.94              | 2.37                 | 0.60        | 0.38             | 0.44                 |
| Fiber, total dietary           | g    | 0.0              | 0.0               | 0.0                  | 0.0         | 0.0              | 0.0                  |
| Sugars, total                  | g    | 1.23             | 1.72              | 1.39                 | 0.35        | 0.22             | 0.26                 |
| <b>Minerals</b>                |      |                  |                   |                      |             |                  |                      |
| Calcium, Ca                    | mg   | 772              | 1081              | 872                  | 219         | 139              | 162                  |
| Iron, Fe                       | mg   | 0.61             | 0.85              | 0.69                 | 0.17        | 0.11             | 0.13                 |
| Magnesium, Mg                  | mg   | 29               | 41                | 33                   | 8           | 5                | 6                    |
| Phosphorus, P                  | mg   | 762              | 1067              | 861                  | 216         | 137              | 160                  |
| Potassium, K                   | mg   | 216              | 302               | 244                  | 61          | 39               | 45                   |
| Sodium, Na                     | mg   | 1370             | 1918              | 1548                 | 388         | 247              | 288                  |
| Zinc, Zn                       | mg   | 3.61             | 5.05              | 4.08                 | 1.02        | 0.65             | 0.76                 |
| <b>Vitamins</b>                |      |                  |                   |                      |             |                  |                      |
| Vitamin C, total ascorbic acid | mg   | 0.0              | 0.0               | 0.0                  | 0.0         | 0.0              | 0.0                  |
| Thiamin                        | mg   | 0.014            | 0.020             | 0.016                | 0.004       | 0.003            | 0.003                |
| Riboflavin                     | mg   | 0.276            | 0.386             | 0.312                | 0.078       | 0.050            | 0.058                |
| Niacin                         | mg   | 0.038            | 0.053             | 0.043                | 0.011       | 0.007            | 0.008                |
| Vitamin B-6                    | mg   | 0.036            | 0.050             | 0.041                | 0.010       | 0.006            | 0.008                |
| Folate, DFE                    | µg   | 6                | 8                 | 7                    | 2           | 1                | 1                    |
| Vitamin B-12                   | µg   | 1.23             | 1.72              | 1.39                 | 0.35        | 0.22             | 0.26                 |
| Vitamin A, RAE                 | µg   | 198              | 277               | 224                  | 56          | 36               | 42                   |
| Vitamin A, IU                  | IU   | 746              | 1044              | 843                  | 211         | 134              | 157                  |
| Vitamin E (alpha-tocopherol)   | mg   | 0.34             | 0.48              | 0.38                 | 0.10        | 0.06             | 0.07                 |

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|------------------------------------|------|---------------------|----------------------|-------------------------|----------------|---------------------|-------------------------|
| Vitamin D (D2 + D3)                | µg   | 0.5                 | 0.7                  | 0.6                     | 0.1            | 0.1                 | 0.1                     |
| Vitamin D                          | IU   | 18                  | 25                   | 20                      | 5              | 3                   | 4                       |
| Vitamin K (phylloquinone)          | µg   | 2.2                 | 3.1                  | 2.5                     | 0.6            | 0.4                 | 0.5                     |
| <b>Lipids</b>                      |      |                     |                      |                         |                |                     |                         |
| Fatty acids, total saturated       | g    | 16.045              | 22.463               | 18.131                  | 4.549          | 2.888               | 3.369                   |
| Fatty acids, total monounsaturated | g    | 7.046               | 9.864                | 7.962                   | 1.998          | 1.268               | 1.480                   |
| Fatty acids, total polyunsaturated | g    | 0.622               | 0.871                | 0.703                   | 0.176          | 0.112               | 0.131                   |
| Cholesterol                        | mg   | 85                  | 119                  | 96                      | 24             | 15                  | 18                      |
| <b>Amino Acids</b>                 |      |                     |                      |                         |                |                     |                         |
| <b>Other</b>                       |      |                     |                      |                         |                |                     |                         |
| Caffeine                           | mg   | 0                   | 0                    | 0                       | 0              | 0                   | 0                       |