

Basic Report 01044, Cheese, pasteurized process, swiss

Report Date: May 23, 2017 01:01 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
Proximates							
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
Minerals							
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
Vitamins							
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
Lipids							
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
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0