

## Basic Report 01045, Cheese food, cold pack, American

Report Date: June 25, 2017 16:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (8 oz) 227g
<b>Proximates</b>				
Water	g	43.12	12.22	97.88
Energy	kcal	331	94	751
Protein	g	19.66	5.57	44.63
Total lipid (fat)	g	24.46	6.93	55.52
Carbohydrate, by difference	g	8.32	2.36	18.89
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	497	141	1128
Iron, Fe	mg	0.84	0.24	1.91
Magnesium, Mg	mg	30	9	68
Phosphorus, P	mg	400	113	908
Potassium, K	mg	363	103	824
Sodium, Na	mg	966	274	2193
Zinc, Zn	mg	3.01	0.85	6.83
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.068
Riboflavin	mg	0.446	0.126	1.012
Niacin	mg	0.074	0.021	0.168
Vitamin B-6	mg	0.141	0.040	0.320
Folate, DFE	µg	5	1	11
Vitamin B-12	µg	1.28	0.36	2.91
Vitamin A, IU	IU	705	200	1600
<b>Lipids</b>				
Fatty acids, total saturated	g	15.355	4.353	34.856
Fatty acids, total monounsaturated	g	7.165	2.031	16.265

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Fatty acids, total polyunsaturated	g	0.719	0.204	1.632
Cholesterol	mg	64	18	145

**Amino Acids**

**Other**