

Basic Report 01046, Cheese food, pasteurized process, American, vitamin D fortified

Report Date: March 22, 2018 15:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 113g	1 oz 28.35g	1 slice (3/4 oz) 21g	1 package (8 oz) 227g
Proximates						
Water	g	44.00	49.72	12.47	9.24	99.88
Energy	kcal	330	373	94	69	749
Protein	g	16.86	19.05	4.78	3.54	38.27
Total lipid (fat)	g	25.63	28.96	7.27	5.38	58.18
Carbohydrate, by difference	g	8.56	9.67	2.43	1.80	19.43
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.59	6.32	1.58	1.17	12.69
Minerals						
Calcium, Ca	mg	682	771	193	143	1548
Iron, Fe	mg	0.26	0.29	0.07	0.05	0.59
Magnesium, Mg	mg	27	31	8	6	61
Phosphorus, P	mg	438	495	124	92	994
Potassium, K	mg	255	288	72	54	579
Sodium, Na	mg	1284	1451	364	270	2915
Zinc, Zn	mg	2.31	2.61	0.65	0.49	5.24
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.035	0.040	0.010	0.007	0.079
Riboflavin	mg	0.360	0.407	0.102	0.076	0.817
Niacin	mg	0.155	0.175	0.044	0.033	0.352
Vitamin B-6	mg	0.102	0.115	0.029	0.021	0.232
Folate, DFE	µg	7	8	2	1	16
Vitamin B-12	µg	1.33	1.50	0.38	0.28	3.02
Vitamin A, RAE	µg	201	227	57	42	456
Vitamin A, IU	IU	761	860	216	160	1727
Vitamin E (alpha-tocopherol)	mg	0.63	0.71	0.18	0.13	1.43

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Vitamin D (D2 + D3)	µg	2.5	2.8	0.7	0.5	5.7
Vitamin D	IU	102	115	29	21	232
Vitamin K (phylloquinone)	µg	3.4	3.8	1.0	0.7	7.7
Lipids						
Fatty acids, total saturated	g	15.057	17.014	4.269	3.162	34.179
Fatty acids, total monounsaturated	g	6.846	7.736	1.941	1.438	15.540
Fatty acids, total polyunsaturated	g	1.049	1.185	0.297	0.220	2.381
Fatty acids, total trans	g	0.917	1.036	0.260	0.193	2.082
Cholesterol	mg	98	111	28	21	222
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0