

Basic Report 01047, Cheese food, pasteurized process, swiss

Report Date: September 23, 2017 16:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (8 oz) 227g
Proximates				
Water	g	43.67	12.38	99.13
Energy	kcal	323	92	733
Protein	g	21.92	6.21	49.76
Total lipid (fat)	g	24.14	6.84	54.80
Carbohydrate, by difference	g	4.50	1.28	10.21
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	723	205	1641
Iron, Fe	mg	0.60	0.17	1.36
Magnesium, Mg	mg	28	8	64
Phosphorus, P	mg	526	149	1194
Potassium, K	mg	284	81	645
Sodium, Na	mg	1552	440	3523
Zinc, Zn	mg	3.55	1.01	8.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.014	0.004	0.032
Riboflavin	mg	0.400	0.113	0.908
Niacin	mg	0.104	0.029	0.236
Vitamin B-6	mg	0.035	0.010	0.079
Folate, DFE	µg	6	2	14
Vitamin B-12	µg	2.30	0.65	5.22
Vitamin A, RAE	µg	237	67	538
Vitamin A, IU	IU	856	243	1943
Lipids				
Fatty acids, total saturated	g	15.487	4.391	35.155

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Fatty acids, total monounsaturated	g	6.801	1.928	15.438
Fatty acids, total polyunsaturated	g	0.600	0.170	1.362
Cholesterol	mg	82	23	186
Amino Acids				
Other				