

Full Report (All Nutrients) 01047, Cheese food, pasteurized process, swiss

Report Date: November 24, 2017 02:26 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	1 package (8 oz) 227g
Proximates						
Water	g	43.67	10	0.138	12.38	99.13
Energy	kcal	323	--	--	92	733
Energy	kJ	1352	--	--	383	3069
Protein	g	21.92	10	0.695	6.21	49.76
Total lipid (fat)	g	24.14	10	0.249	6.84	54.80
Ash	g	5.77	10	0.067	1.64	13.10
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	10	31.542	205	1641
Iron, Fe	mg	0.60	1	--	0.17	1.36
Magnesium, Mg	mg	28	1	--	8	64
Phosphorus, P	mg	526	1	--	149	1194
Potassium, K	mg	284	1	--	81	645
Sodium, Na	mg	1552	1	--	440	3523
Zinc, Zn	mg	3.55	--	--	1.01	8.06
Copper, Cu	mg	0.030	--	--	0.009	0.068
Manganese, Mn	mg	0.010	--	--	0.003	0.023
Selenium, Se	µg	16.1	--	--	4.6	36.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.014	--	--	0.004	0.032

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Riboflavin	mg	0.400	10	0.023	0.113	0.908
Niacin	mg	0.104	7	0.004	0.029	0.236
Pantothenic acid	mg	0.500	1	--	0.142	1.135
Vitamin B-6	mg	0.035	--	--	0.010	0.079
Folate, total	µg	6	--	--	2	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	2	14
Folate, DFE	µg	6	--	--	2	14
Vitamin B-12	µg	2.30	1	--	0.65	5.22
Vitamin A, RAE	µg	237	--	--	67	538
Retinol	µg	233	--	--	66	529
Vitamin A, IU	IU	856	10	58.062	243	1943
Lipids						
Fatty acids, total saturated	g	15.487	--	--	4.391	35.155
4:0	g	0.787	--	--	0.223	1.786
6:0	g	0.472	--	--	0.134	1.071
8:0	g	0.265	--	--	0.075	0.602
10:0	g	0.552	--	--	0.156	1.253
12:0	g	0.546	--	--	0.155	1.239
14:0	g	2.695	--	--	0.764	6.118
16:0	g	6.938	--	--	1.967	15.749
18:0	g	2.511	--	--	0.712	5.700
Fatty acids, total monounsaturated	g	6.801	--	--	1.928	15.438
16:1 undifferentiated	g	0.653	--	--	0.185	1.482
18:1 undifferentiated	g	5.691	--	--	1.613	12.919
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.600	--	--	0.170	1.362
18:2 undifferentiated	g	0.330	--	--	0.094	0.749
18:3 undifferentiated	g	0.270	--	--	0.077	0.613
18:4	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000

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22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	82	--	--	23	186
Amino Acids						
Tryptophan	g	0.319	--	--	0.090	0.724
Threonine	g	0.711	--	--	0.202	1.614
Isoleucine	g	1.013	--	--	0.287	2.300
Leucine	g	1.938	--	--	0.549	4.399
Lysine	g	2.175	--	--	0.617	4.937
Methionine	g	0.567	--	--	0.161	1.287
Cystine	g	0.141	--	--	0.040	0.320
Phenylalanine	g	1.113	--	--	0.316	2.527
Tyrosine	g	1.199	--	--	0.340	2.722
Valine	g	1.313	--	--	0.372	2.981
Arginine	g	0.917	--	--	0.260	2.082
Histidine	g	0.893	--	--	0.253	2.027
Alanine	g	0.550	--	--	0.156	1.249
Aspartic acid	g	1.346	--	--	0.382	3.055
Glutamic acid	g	4.549	--	--	1.290	10.326
Glycine	g	0.361	--	--	0.102	0.819
Proline	g	2.230	--	--	0.632	5.062
Serine	g	1.058	--	--	0.300	2.402
Other						