

Basic Report 01005, Cheese, brick

Report Date: August 16, 2017 17:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates							
Water	g	41.11	54.27	46.45	11.65	6.99	11.51
Energy	kcal	371	490	419	105	63	104
Protein	g	23.24	30.68	26.26	6.59	3.95	6.51
Total lipid (fat)	g	29.68	39.18	33.54	8.41	5.05	8.31
Carbohydrate, by difference	g	2.79	3.68	3.15	0.79	0.47	0.78
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.51	0.67	0.58	0.14	0.09	0.14
Minerals							
Calcium, Ca	mg	674	890	762	191	115	189
Iron, Fe	mg	0.43	0.57	0.49	0.12	0.07	0.12
Magnesium, Mg	mg	24	32	27	7	4	7
Phosphorus, P	mg	451	595	510	128	77	126
Potassium, K	mg	136	180	154	39	23	38
Sodium, Na	mg	560	739	633	159	95	157
Zinc, Zn	mg	2.60	3.43	2.94	0.74	0.44	0.73
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.014	0.018	0.016	0.004	0.002	0.004
Riboflavin	mg	0.351	0.463	0.397	0.100	0.060	0.098
Niacin	mg	0.118	0.156	0.133	0.033	0.020	0.033
Vitamin B-6	mg	0.065	0.086	0.073	0.018	0.011	0.018
Folate, DFE	µg	20	26	23	6	3	6
Vitamin B-12	µg	1.26	1.66	1.42	0.36	0.21	0.35
Vitamin A, RAE	µg	292	385	330	83	50	82
Vitamin A, IU	IU	1080	1426	1220	306	184	302
Vitamin E (alpha-tocopherol)	mg	0.26	0.34	0.29	0.07	0.04	0.07

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Vitamin D (D2 + D3)	µg	0.5	0.7	0.6	0.1	0.1	0.1
Vitamin D	IU	22	29	25	6	4	6
Vitamin K (phylloquinone)	µg	2.5	3.3	2.8	0.7	0.4	0.7
Lipids							
Fatty acids, total saturated	g	18.764	24.768	21.203	5.320	3.190	5.254
Fatty acids, total monounsaturated	g	8.598	11.349	9.716	2.438	1.462	2.407
Fatty acids, total polyunsaturated	g	0.784	1.035	0.886	0.222	0.133	0.220
Cholesterol	mg	94	124	106	27	16	26
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0