

Basic Report 01009, Cheese, cheddar
Report Date: October 22, 2017 11:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 132g	1 cup, melted 244g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Proximates								
Water	g	37.02	48.87	90.33	41.83	10.50	6.29	10.37
Energy	kcal	404	533	986	457	115	69	113
Protein	g	22.87	30.19	55.80	25.84	6.48	3.89	6.40
Total lipid (fat)	g	33.31	43.97	81.28	37.64	9.44	5.66	9.33
Carbohydrate, by difference	g	3.09	4.08	7.54	3.49	0.88	0.53	0.87
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.48	0.63	1.17	0.54	0.14	0.08	0.13
Minerals								
Calcium, Ca	mg	710	937	1732	802	201	121	199
Iron, Fe	mg	0.14	0.18	0.34	0.16	0.04	0.02	0.04
Magnesium, Mg	mg	27	36	66	31	8	5	8
Phosphorus, P	mg	455	601	1110	514	129	77	127
Potassium, K	mg	76	100	185	86	22	13	21
Sodium, Na	mg	653	862	1593	738	185	111	183
Zinc, Zn	mg	3.64	4.80	8.88	4.11	1.03	0.62	1.02
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.029	0.038	0.071	0.033	0.008	0.005	0.008
Riboflavin	mg	0.428	0.565	1.044	0.484	0.121	0.073	0.120
Niacin	mg	0.059	0.078	0.144	0.067	0.017	0.010	0.017
Vitamin B-6	mg	0.066	0.087	0.161	0.075	0.019	0.011	0.018
Folate, DFE	µg	27	36	66	31	8	5	8
Vitamin B-12	µg	1.10	1.45	2.68	1.24	0.31	0.19	0.31
Vitamin A, RAE	µg	330	436	805	373	94	56	92
Vitamin A, IU	IU	1242	1639	3030	1403	352	211	348
Vitamin E (alpha-tocopherol)	mg	0.71	0.94	1.73	0.80	0.20	0.12	0.20

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Vitamin D (D2 + D3)	µg	0.6	0.8	1.5	0.7	0.2	0.1	0.2
Vitamin D	IU	24	32	59	27	7	4	7
Vitamin K (phylloquinone)	µg	2.4	3.2	5.9	2.7	0.7	0.4	0.7
Lipids								
Fatty acids, total saturated	g	18.867	24.904	46.035	21.320	5.349	3.207	5.283
Fatty acids, total monounsaturated	g	9.246	12.205	22.560	10.448	2.621	1.572	2.589
Fatty acids, total polyunsaturated	g	1.421	1.876	3.467	1.606	0.403	0.242	0.398
Fatty acids, total trans	g	0.917	1.210	2.237	1.036	0.260	0.156	0.257
Cholesterol	mg	99	131	242	112	28	17	28
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0