

Full Report (All Nutrients) 01009, Cheese, cheddar
Report Date: March 22, 2018 15:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1 2	g	37.02	39	0.190	48.87	90.33	41.83	10.50	6.29	10.37
Energy	kcal	404	--	--	533	986	457	115	69	113
Energy	kJ	1689	--	--	2229	4121	1909	479	287	473
Protein 1 2	g	22.87	39	0.132	30.19	55.80	25.84	6.48	3.89	6.40
Total lipid (fat) 1 2	g	33.31	39	0.156	43.97	81.28	37.64	9.44	5.66	9.33
Ash 1 2	g	3.71	39	0.028	4.90	9.05	4.19	1.05	0.63	1.04
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
Sucrose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1 2	g	0.26	5	--	0.34	0.63	0.29	0.07	0.04	0.07
Fructose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Lactose 1 2	g	0.12	5	--	0.16	0.29	0.14	0.03	0.02	0.03
Maltose 1	g	0.00	4	--	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 1	g	0.10	4	--	0.13	0.24	0.11	0.03	0.02	0.03
Minerals										
Calcium, Ca 1 2	mg	710	39	9.090	937	1732	802	201	121	199
Iron, Fe 1 2	mg	0.14	39	0.006	0.18	0.34	0.16	0.04	0.02	0.04
Magnesium, Mg 1 2	mg	27	39	0.309	36	66	31	8	5	8
Phosphorus, P 1 2	mg	455	39	3.702	601	1110	514	129	77	127
Potassium, K 1 2	mg	76	39	1.669	100	185	86	22	13	21
Sodium, Na 1 2	mg	653	39	13.172	862	1593	738	185	111	183
Zinc, Zn 1 2	mg	3.64	39	0.040	4.80	8.88	4.11	1.03	0.62	1.02

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Copper, Cu 1 2	mg	0.030	39	0.002	0.040	0.073	0.034	0.009	0.005	0.008
Manganese, Mn 1 2	mg	0.027	39	0.002	0.036	0.066	0.031	0.008	0.005	0.008
Selenium, Se 1 2	µg	28.5	29	1.055	37.6	69.5	32.2	8.1	4.8	8.0
Fluoride, F 3	µg	34.9	1	--	46.1	85.2	39.4	9.9	5.9	9.8
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin 1 2	mg	0.029	28	0.000	0.038	0.071	0.033	0.008	0.005	0.008
Riboflavin 1 2	mg	0.428	27	0.014	0.565	1.044	0.484	0.121	0.073	0.120
Niacin 1 2	mg	0.059	28	0.006	0.078	0.144	0.067	0.017	0.010	0.017
Pantothenic acid 1 2	mg	0.410	25	0.018	0.541	1.000	0.463	0.116	0.070	0.115
Vitamin B-6 1 2	mg	0.066	28	0.003	0.087	0.161	0.075	0.019	0.011	0.018
Folate, total 1	µg	27	4	--	36	66	31	8	5	8
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	27	4	--	36	66	31	8	5	8
Folate, DFE	µg	27	--	--	36	66	31	8	5	8
Choline, total 3	mg	16.5	--	--	21.8	40.3	18.6	4.7	2.8	4.6
Betaine 3	mg	0.7	1	--	0.9	1.7	0.8	0.2	0.1	0.2
Vitamin B-12 1 2	µg	1.10	28	0.054	1.45	2.68	1.24	0.31	0.19	0.31
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	330	--	--	436	805	373	94	56	92
Retinol 1 2	µg	330	7	--	436	805	373	94	56	92
Carotene, beta	µg	85	--	--	112	207	96	24	14	24
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1242	--	--	1639	3030	1403	352	211	348
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol) 1 2	mg	0.71	13	0.001	0.94	1.73	0.80	0.20	0.12	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 1 2	mg	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma 1 2	mg	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, delta 1 2	mg	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	1.5	0.7	0.2	0.1	0.2

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Vitamin D3 (cholecalciferol)	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) 1	µg	2.4	2	--	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
4:0 1 2	g	0.634	40	0.005	0.837	1.547	0.716	0.180	0.108	0.178
6:0 1 2	g	0.536	40	0.005	0.708	1.308	0.606	0.152	0.091	0.150
8:0 1 2	g	0.337	40	0.004	0.445	0.822	0.381	0.096	0.057	0.094
10:0 1 2	g	0.820	40	0.008	1.082	2.001	0.927	0.232	0.139	0.230
12:0 1 2	g	0.935	40	0.009	1.234	2.281	1.057	0.265	0.159	0.262
14:0 1 2	g	3.005	40	0.028	3.967	7.332	3.396	0.852	0.511	0.841
15:0 1 2	g	0.318	40	0.002	0.420	0.776	0.359	0.090	0.054	0.089
16:0 1 2	g	8.625	40	0.053	11.385	21.045	9.746	2.445	1.466	2.415
17:0 1 2	g	0.191	40	0.002	0.252	0.466	0.216	0.054	0.032	0.053
18:0 1 2	g	3.394	40	0.044	4.480	8.281	3.835	0.962	0.577	0.950
20:0 1 2	g	0.048	40	0.001	0.063	0.117	0.054	0.014	0.008	0.013
22:0 1 2	g	0.015	40	0.000	0.020	0.037	0.017	0.004	0.003	0.004
24:0 1 2	g	0.008	40	0.000	0.011	0.020	0.009	0.002	0.001	0.002
Fatty acids, total monounsaturated	g	9.246	--	--	12.205	22.560	10.448	2.621	1.572	2.589
14:1 1 2	g	0.296	40	0.005	0.391	0.722	0.334	0.084	0.050	0.083
15:1 1 2	g	0.000	40	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1 2	g	0.504	40	0.006	0.665	1.230	0.570	0.143	0.086	0.141
16:1 t 1 2	g	0.101	40	0.001	0.133	0.246	0.114	0.029	0.017	0.028
17:1 1 2	g	0.059	40	0.001	0.078	0.144	0.067	0.017	0.010	0.017
18:1 undifferentiated 1 2	g	7.403	40	0.062	9.772	18.063	8.365	2.099	1.259	2.073
18:1 t 1 2	g	0.816	40	0.014	1.077	1.991	0.922	0.231	0.139	0.228
20:1 1 2	g	0.065	40	0.001	0.086	0.159	0.073	0.018	0.011	0.018
22:1 undifferentiated 1 2	g	0.001	40	0.000	0.001	0.002	0.001	0.000	0.000	0.000
22:1 t 1 2	g	0.000	40	0.000	0.000	0.000	0.000	0.000	0.000	0.000
24:1 c 1 2	g	0.001	40	0.000	0.001	0.002	0.001	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.421	--	--	1.876	3.467	1.606	0.403	0.242	0.398
18:2 undifferentiated 1 2	g	1.171	40	0.021	1.546	2.857	1.323	0.332	0.199	0.328

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18:3 undifferentiated 1 2	g	0.114	40	0.004	0.150	0.278	0.129	0.032	0.019	0.032
18:4 1 2	g	0.000	40	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1 2	g	0.007	40	0.000	0.009	0.017	0.008	0.002	0.001	0.002
20:3 undifferentiated 1 2	g	0.037	40	0.001	0.049	0.090	0.042	0.010	0.006	0.010
20:4 undifferentiated 1 2	g	0.053	40	0.001	0.070	0.129	0.060	0.015	0.009	0.015
20:5 n-3 (EPA) 1 2	g	0.010	40	0.001	0.013	0.024	0.011	0.003	0.002	0.003
22:4 1 2	g	0.009	40	0.000	0.012	0.022	0.010	0.003	0.002	0.003
22:5 n-3 (DPA) 1 2	g	0.017	40	0.001	0.022	0.041	0.019	0.005	0.003	0.005
22:6 n-3 (DHA) 1 2	g	0.001	40	0.000	0.001	0.002	0.001	0.000	0.000	0.000
Fatty acids, total trans	g	0.917	--	--	1.210	2.237	1.036	0.260	0.156	0.257
Fatty acids, total trans-monoenoic	g	0.917	--	--	1.210	2.237	1.036	0.260	0.156	0.257
Cholesterol 1 2	mg	99	29	0.507	131	242	112	28	17	28
Amino Acids										
Tryptophan 4	g	0.547	--	--	0.722	1.335	0.618	0.155	0.093	0.153
Threonine 4	g	1.044	--	--	1.378	2.547	1.180	0.296	0.177	0.292
Isoleucine 4	g	1.206	--	--	1.592	2.943	1.363	0.342	0.205	0.338
Leucine 4	g	1.939	--	--	2.559	4.731	2.191	0.550	0.330	0.543
Lysine 4	g	1.025	--	--	1.353	2.501	1.158	0.291	0.174	0.287
Methionine 4	g	0.547	--	--	0.722	1.335	0.618	0.155	0.093	0.153
Cystine 4	g	0.123	--	--	0.162	0.300	0.139	0.035	0.021	0.034
Phenylalanine 4	g	1.074	--	--	1.418	2.621	1.214	0.304	0.183	0.301
Tyrosine 4	g	1.108	--	--	1.463	2.704	1.252	0.314	0.188	0.310
Valine 4	g	1.404	--	--	1.853	3.426	1.587	0.398	0.239	0.393
Arginine 4	g	0.547	--	--	0.722	1.335	0.618	0.155	0.093	0.153
Histidine 4	g	0.547	--	--	0.722	1.335	0.618	0.155	0.093	0.153
Alanine 4	g	0.751	--	--	0.991	1.832	0.849	0.213	0.128	0.210
Aspartic acid 4	g	1.734	--	--	2.289	4.231	1.959	0.492	0.295	0.486
Glutamic acid 4	g	4.735	--	--	6.250	11.553	5.351	1.342	0.805	1.326
Glycine 4	g	0.547	--	--	0.722	1.335	0.618	0.155	0.093	0.153
Proline 4	g	2.497	--	--	3.296	6.093	2.822	0.708	0.424	0.699
Serine 4	g	0.780	--	--	1.030	1.903	0.881	0.221	0.133	0.218
Other										

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Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD