

Carbs in Cheese List

(1 slice or 1 oz/28g serving)

	Type of Cheese	Vegetarian	Net Carbs(g)	Fat (g)	Protein (g)
1	American Cheese	Yes	2.0	6.6	4.9
2	American Cheese Low Fat	Yes	1.0	4.0	5.0
3	Anejo Enchilado	Yes	1.3	8.5	6.0
4	Appenzeller	No	0.0	9.0	7.0
5	Asadero	Yes	1.0	5.0	6.0
6	Asiago Cheese	Yes	0.9	8.0	7.0
7	Blue Cheese	Yes	0.7	8.0	6.0
8	Bocconcini	No	0.0	3.5	6.0
9	Boucheron	No	0.0	6.0	5.0
10	Brick	Yes	0.8	8.4	6.6
11	Brie	Yes	0.1	7.9	5.9
12	Burrata	No	1.0	6.0	0.0
13	Caerphilly	Yes	0.0	9.0	7.0
14	Cambozola	Yes	0.0	9.0	5.0
15	Camembert	No	0.1	6.9	5.6
16	Caraway	Yes	0.9	8.3	7.1
17	Cheddar	Yes	0.9	9.4	6.5
18	Cheddar (Reduced Fat)	Yes	1.2	5.8	7.8
19	Cheese Curds	Yes	1.0	8.0	7.0
20	Cheshire	Yes	1.4	8.7	6.6
21	Colby	Yes	0.7	9.1	6.7
22	Comte	No	0.0	10.0	7.0
23	Cottage Cheese (100g)	Yes	3.4	4.3	11.0
24	Cream cheese	Yes	1.6	9.8	1.7
25	Danish Blue	No	0.0	8.0	6.0
26	Dolcelatte	Yes	0.0	9.0	5.0
27	Double Gloucester	Yes	0.0	10.0	7.0
28	Edam	Yes	0.4	8.1	7.1
29	Emmenthaler	No	0.0	9.0	8.0
30	Feta	Yes	1.1	6.1	4.0
31	Fontina	Yes	0.4	8.8	7.3
32	Fromage Frais	Yes	7.0	0.0	5.0
33	Gjetost	Yes	12.1	8.4	2.7
34	Goats	Yes	0.2	7.2	5.9
35	Gorgonzola:	No	1.0	8.0	6.0
36	Gouda	Yes	0.6	7.8	7.1
37	Grana Padano	No	0.0	8.0	9.0
38	Gruyere	No	0.1	9.2	8.5
39	Halloumi	Yes	0.0	9.0	7.0

40	Havarti	Yes	0.8	9.0	6.0
41	Labneh	Yes	2.0	3.0	3.0
42	Limburger	Yes	0.1	7.7	5.7
43	Mahon	No	0.0	9.0	7.0
44	Manchego	No	0.0	7.0	7.0
45	Mascarpone	Yes	1.0	12.0	1.0
46	Mexican Blend	Yes	0.5	9.0	7.0
47	Mimolette	No	0.0	8.0	10.0
48	Monterey Jack	Yes	0.2	8.6	6.9
49	Mozzarella	Yes	1.0	5.0	7.0
50	Mozzarella (Part Skim)	Yes	1.6	5.6	6.7
51	Muenster	Yes	0.3	8.5	6.6
52	Neufchatel	No	1.0	6.5	2.6
53	Paneer	Yes	1.0	7.0	7.0
54	Parmesan	No	0.9	7.0	10.0
55	Parmigiano Reggiano	No	0.0	8.0	9.0
56	Pecorino Romano	No	1.0	9.0	8.0
57	Pepper Jack	Yes	0.0	7.0	6.0
58	Provolone	Yes	0.6	7.6	7.3
59	Queso Blanco	Yes	1.0	8.0	7.0
60	Raclette	No	0.0	5.0	5.0
61	Red Leicester	No	0.0	9.0	7.0
62	Rembrandt Gouda	Yes	0.0	10.0	8.0
63	Ricotta (100g)	Yes	4.1	10.4	11.3
64	Romano	No	1.0	7.6	9.0
65	Roquefort:	No	0.6	8.7	6.1
66	Sharp Provolone	No	0.0	9.0	7.0
67	Stilton	Yes	0.0	10.0	7.0
68	String	Yes	1.0	6.0	7.0
69	Swiss	Yes	0.4	8.8	7.6
70	Taleggio	No	0.0	7.0	5.0
71	Tilsit	No	0.5	7.4	6.9
72	Vacherin	No	0.0	0.2	0.2

Values obtained from the USDA Food Composition Database