

**Basic Report 01188, KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce**

Report Date: January 29, 2015 03:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 33g
<b>Proximates</b>			
Water	g	51.50	17.00
Energy	kcal	276	91
Protein	g	12.00	3.96
Total lipid (fat)	g	21.00	6.93
Carbohydrate, by difference	g	9.20	3.04
Fiber, total dietary	g	0.3	0.1
Sugars, total	g	6.70	2.21
<b>Minerals</b>			
Calcium, Ca	mg	359	118
Iron, Fe	mg	0.19	0.06
Phosphorus, P	mg	806	266
Potassium, K	mg	240	79
Sodium, Na	mg	1638	541
Zinc, Zn	mg	1.64	0.54
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.4	0.1
Riboflavin	mg	0.240	0.079
Vitamin A, IU	IU	649	214
<b>Lipids</b>			
Fatty acids, total saturated	g	13.100	4.323
Cholesterol	mg	75	25