

Basic Report 01189, KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Report Date: March 06, 2015 20:39 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 35g
Proximates			
Water	g	51.50	18.02
Energy	kcal	215	75
Protein	g	16.30	5.70
Total lipid (fat)	g	9.50	3.32
Carbohydrate, by difference	g	16.20	5.67
Fiber, total dietary	g	0.2	0.1
Sugars, total	g	8.20	2.87
Minerals			
Calcium, Ca	mg	418	146
Iron, Fe	mg	0.16	0.06
Phosphorus, P	mg	943	330
Potassium, K	mg	297	104
Sodium, Na	mg	1705	597
Zinc, Zn	mg	2.36	0.83
Vitamins			
Vitamin C, total ascorbic acid	mg	0.4	0.1
Riboflavin	mg	0.330	0.116
Vitamin A, IU	IU	628	220
Lipids			
Fatty acids, total saturated	g	6.400	2.240
Cholesterol	mg	35	12