

Basic Report 01191, KRAFT VELVEETA Pasteurized Process Cheese Spread

Report Date: January 26, 2015 01:22 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28g
Proximates			
Water	g	45.80	12.82
Energy	kcal	303	85
Protein	g	16.30	4.56
Total lipid (fat)	g	22.00	6.16
Carbohydrate, by difference	g	9.80	2.74
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	8.10	2.27
Minerals			
Calcium, Ca	mg	466	130
Iron, Fe	mg	0.18	0.05
Phosphorus, P	mg	863	242
Potassium, K	mg	335	94
Sodium, Na	mg	1499	420
Zinc, Zn	mg	1.84	0.52
Vitamins			
Vitamin C, total ascorbic acid	mg	0.2	0.1
Riboflavin	mg	0.350	0.098
Vitamin A, IU	IU	1107	310
Lipids			
Fatty acids, total saturated	g	14.400	4.032
Cholesterol	mg	80	22