

Basic Report 01191, KRAFT VELVEETA Pasteurized Process Cheese Spread

Report Date: February 28, 2015 12:27 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 |