

Basic Report 01192, KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Report Date: January 26, 2015 20:06 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28g
Proximates			
Water	g	51.30	14.36
Energy	kcal	222	62
Protein	g	19.60	5.49
Total lipid (fat)	g	10.60	2.97
Carbohydrate, by difference	g	11.80	3.30
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	8.50	2.38
Minerals			
Calcium, Ca	mg	574	161
Iron, Fe	mg	0.14	0.04
Phosphorus, P	mg	1024	287
Potassium, K	mg	345	97
Sodium, Na	mg	1586	444
Zinc, Zn	mg	2.49	0.70
Vitamins			
Vitamin C, total ascorbic acid	mg	0.1	0.0
Riboflavin	mg	0.650	0.182
Vitamin A, IU	IU	982	275
Lipids			
Fatty acids, total saturated	g	7.100	1.988
Cholesterol	mg	42	12