

Basic Report 01188, KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Report Date: June 24, 2017 20:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 33g
Proximates			
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
Minerals			
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
Vitamins			
Vitamin C, total ascorbic acid	mg	0.4	0.1
Riboflavin	mg	0.240	0.079
Vitamin A, IU	IU	649	214
Lipids			
Fatty acids, total saturated	g	13.100	4.323
Cholesterol	mg	75	25
Amino Acids			
Other			