

## Basic Report 01188, KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Report Date: February 20, 2018 10:04 EST

Nutrient values and weights are for edible portion.

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