

## Basic Report 01189, KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Report Date: November 22, 2017 22:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 35g
<b>Proximates</b>			
Water	g	51.50	18.02
Energy	kcal	215	75
Protein	g	16.30	5.71
Total lipid (fat)	g	9.50	3.33
Carbohydrate, by difference	g	16.20	5.67
Fiber, total dietary	g	0.2	0.1
Sugars, total	g	8.20	2.87
<b>Minerals</b>			
Calcium, Ca	mg	418	146
Iron, Fe	mg	0.16	0.06
Phosphorus, P	mg	943	330
Potassium, K	mg	297	104
Sodium, Na	mg	1705	597
Zinc, Zn	mg	2.36	0.83
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.4	0.1
Riboflavin	mg	0.330	0.116
Vitamin A, IU	IU	628	220
<b>Lipids</b>			
Fatty acids, total saturated	g	6.400	2.240
Cholesterol	mg	35	12
<b>Amino Acids</b>			
<b>Other</b>			