

Basic Report 01190, KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Report Date: May 29, 2017 07:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 21g
Proximates			
Water	g	58.00	12.18
Energy	kcal	148	31
Protein	g	22.70	4.77
Total lipid (fat)	g	1.00	0.21
Carbohydrate, by difference	g	11.70	2.46
Fiber, total dietary	g	0.2	0.0
Sugars, total	g	6.70	1.41
Minerals			
Calcium, Ca	mg	712	150
Iron, Fe	mg	0.05	0.01
Phosphorus, P	mg	923	194
Potassium, K	mg	236	50
Sodium, Na	mg	1298	273
Zinc, Zn	mg	2.50	0.53
Vitamins			
Vitamin C, total ascorbic acid	mg	0.2	0.0
Riboflavin	mg	0.280	0.059
Vitamin A, IU	IU	2166	455
Lipids			
Fatty acids, total saturated	g	0.700	0.147
Cholesterol	mg	16	3
Amino Acids			
Other			