

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

Report Date: September 22, 2017 09:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 21g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.0
Riboflavin	mg	0.280	0.059
Vitamin A, IU	IU	2166	455
<b>Lipids</b>			
Fatty acids, total saturated	g	0.700	0.147
Cholesterol	mg	16	3
<b>Amino Acids</b>			
<b>Other</b>			