

## Basic Report 01191, KRAFT VELVEETA Pasteurized Process Cheese Spread

Report Date: October 22, 2017 09:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28g
<b>Proximates</b>			
Water	g	45.80	12.82
Energy	kcal	303	85
Protein	g	16.30	4.56
Total lipid (fat)	g	22.00	6.16
Carbohydrate, by difference	g	9.80	2.74
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	8.10	2.27
<b>Minerals</b>			
Calcium, Ca	mg	466	130
Iron, Fe	mg	0.18	0.05
Phosphorus, P	mg	863	242
Potassium, K	mg	335	94
Sodium, Na	mg	1499	420
Zinc, Zn	mg	1.84	0.52
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.1
Riboflavin	mg	0.350	0.098
Vitamin A, IU	IU	1107	310
<b>Lipids</b>			
Fatty acids, total saturated	g	14.400	4.032
Cholesterol	mg	80	22
<b>Amino Acids</b>			
<b>Other</b>			