

Basic Report 01259, Cheese spread, American or Cheddar cheese base, reduced fat

Report Date: May 26, 2017 22:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 21g	1 package 566g
Proximates				
Water	g	61.82	12.98	349.90
Energy	kcal	176	37	996
Protein	g	13.41	2.82	75.90
Total lipid (fat)	g	8.88	1.86	50.26
Carbohydrate, by difference	g	10.71	2.25	60.62
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	7.06	1.48	39.96
Minerals				
Calcium, Ca	mg	557	117	3153
Iron, Fe	mg	0.36	0.08	2.04
Magnesium, Mg	mg	27	6	153
Phosphorus, P	mg	931	196	5269
Potassium, K	mg	250	52	1415
Sodium, Na	mg	1102	231	6237
Zinc, Zn	mg	1.81	0.38	10.24
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.038	0.008	0.215
Riboflavin	mg	0.442	0.093	2.502
Niacin	mg	0.153	0.032	0.866
Vitamin B-6	mg	0.099	0.021	0.560
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	1.17	0.25	6.62
Vitamin A, RAE	µg	185	39	1047
Vitamin A, IU	IU	656	138	3713
Vitamin E (alpha-tocopherol)	mg	0.46	0.10	2.60

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	5.647	1.186	31.962
Fatty acids, total monounsaturated	g	2.458	0.516	13.912
Fatty acids, total polyunsaturated	g	0.415	0.087	2.349
Fatty acids, total trans	g	0.327	0.069	1.851
Cholesterol	mg	38	8	215
Amino Acids				
Other				
Caffeine	mg	0	0	0