

# CHEESE, BLEND of AMERICAN & SKIM MILK CHEESES

for use in the USDA Household Commodity Food Distribution Programs

10/9/03

## Product Description

**Blended American & Skim Milk Cheese** is a pasteurized process blend of natural cheeses. The product can be used as a substitute for pasteurized process cheese and offers a lower fat option compared to pasteurized process American cheese.

## Pack/Yield

- Blended American & Skim Milk Cheese is packaged in 2-pound loaves.
- A 2-pound package provides 16 servings of 2 ounces each.

## Storage

- Refrigerate cheese in the original container until ready to use.
- Always re-wrap cheese in plastic wrap to prevent exposure to air, which contributes to mold and dehydration.
- Process cheese may be frozen, however it is not recommended. Previously frozen cheese is best used crumbled. Thaw frozen cheese as slowly as possible, in the refrigerator, to prevent moisture loss. If you plan to melt it, bring cheese to room temperature first.
- Opened packages (re-wrapped tightly and stored between 30°F and 40°F) are best if used within 3-4 weeks.

## Uses

Serve blended cheese "as is" in sandwiches, with fruit, in cooked dishes such as sauces,



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casseroles, or breads, and as a garnish for salads.

## Preparation

- Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made, and slices and melts well.
- Blended cheese is not recommended for grinding, grating, or shredding.
- Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

## Nutrition Information

2 ounces of Blended American and Skim Milk Cheese provides 1 serving from the **MILK, YOGURT AND CHEESE** Group of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 ounce (28 g)	
Blended American and Skim Milk Cheese	
Amount Per Serving	
<b>Calories</b> 70	Fat Cal 40
% Daily Value*	
<b>Total Fat</b> 4.5 g	7 %
Saturated Fat 3.0 g	15 %
<b>Cholesterol</b> 15 mg	5 %
<b>Sodium</b> 410 mg	17 %
<b>Total Carbohydrate</b> 2 g	0 %
Dietary Fiber 0 g	0 %
<b>Protein</b> 7 g	
Vitamin A 15 %	Vitamin C 0%
Calcium 20 %	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

(Note: The above nutritional information represents the average nutritional values of the different brands of Blended American & Skim Milk Cheese offered by the commodity food program.)



