

CHEESE, PASTEURIZED, PROCESS AMERICAN

for use in the USDA Household
Commodity Food Distribution Programs

10/9/03

Product Description

Pasteurized, Process American Cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.

Pack/Yield

- Pasteurized, Process American Cheese is sliced and is packaged in 2-pound packages.
- 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 process cheese "as is" in sandwiches, with fruit, in cooked dishes such as sauces, casseroles, or breads, and as a garnish for salads.



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Preparation

- Pasteurized Process American 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 process cheese at low temperatures since it toughens and gets stringy at high temperatures.

Nutrition Information

2 ounces of Pasteurized Process American Cheese provides 1 serving from the **MILK, YOGURT AND CHEESE** Group of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 ounce (2 slices) (28g) Pasteurized, Process American Cheese	
Amount Per Serving	
Calories 110	Fat Cal 81
% Daily Value*	
Total Fat 9 g	14 %
Saturated Fat 6 g	30 %
Cholesterol 30 mg	10 %
Sodium 380 mg	15 %
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Protein 5 g	
Vitamin A 5 %	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 Process American Cheese offered by the commodity food program.)

