

CHEESE, BLEND of AMERICAN & SKIM MILK CHEESES

for use in the USDA Household Commodity Food Distribution Programs

Revised: 2/18/05

Product Description

Blended American & Skim Milk Cheese is a pasteurized process blend of natural cheeses. Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made, and it slices and melts well. The product can be used as a substitute for pasteurized process cheese, and it 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 32 servings. Serving size equals a 1 ounce (28g) slice or a 1-inch cube.

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 as a crumble. Thaw frozen cheese in the refrigerator to prevent moisture loss. If you plan to melt the cheese, cut the desired amount, and then bring cheese to room temperature.
- 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 or with fruit; in cooked dishes such as sauces, casseroles, or breads; and as a garnish for salads.



U.S. Department of Agriculture

Preparation

- Blended cheese is not recommended for grinding, grating, or shredding.
- To evenly melt cheese, spray a small amount of cooking spray over the surface of the cheese.
- Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
- When cheese is added as a topping, it is best to add it at the very end of the cooking time. Remove the cooked dish from direct heat, then add the cheese and cover the dish with foil to assist in the melting process.

Nutrition Information

1 ounce 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			
Calories	70	Fat Cal	40
% Daily Value*			
Total Fat	4.5 g		7 %
	Saturated Fat	3.0 g	15 %
Cholesterol	15 mg		5 %
Sodium	410 mg		17 %
Total Carbohydrate	2 g		0 %
	Dietary Fiber	0 g	0 %
Protein	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.)