

fiesta shred cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46521
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD FINE	1 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	55.00
Fat	4.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	95.00mg
Carbohydrates	0.50g
Fiber	0.00g
Sugar	0.00g
Protein	3.00g
Vitamin A 45.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	194.01		
Fat	15.87g		
SaturatedFat	8.82g		
Trans Fat	0.00g		
Cholesterol	52.91mg		
Sodium	335.10mg		
Carbohydrates	1.76g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.58g		
Vitamin A	158.73IU	Vitamin C	0.00mg
Calcium	352.74mg	Iron	0.00mg

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