

SHREDDED PARMESAN CHEESE

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43884
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHRD FCY	1/2 Ounce		460095

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: 0.50 Ounce

Amount Per Serving	
Calories	55.00
Fat	4.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	140.00mg
Carbohydrates	0.50g
Fiber	0.50g
Sugar	0.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	388.01
Fat	28.22g
SaturatedFat	17.64g
Trans Fat	0.00g
Cholesterol	88.18mg
Sodium	987.67mg
Carbohydrates	3.53g
Fiber	3.53g
Sugar	0.00g
Protein	31.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 938.29mg	Iron 0.00mg

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