

SHREDDED PARMESAN CHEESE



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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