

# Shredded Cheese



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9246
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD	1 Ounce	Ready to serve.	199720

## Preparation Instructions

Ready to serve.

CCP: Hold for cold service at 41° F or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
<b>Calories</b>	113.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	398.60		
<b>Fat</b>	31.75g		
<b>SaturatedFat</b>	21.16g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	105.82mg		
<b>Sodium</b>	670.21mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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