

Shredded Cheese

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57052
School:	Walton-Verona K-5		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

Nutrition - Per 100g

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