

# Shredded Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57052
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	194.00
<b>Fat</b>	15.87g
<b>Saturated Fat</b>	8.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.91mg
<b>Sodium</b>	335.10mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.58g
<b>Vitamin A</b> 158.73mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 352.73mg	<b>Iron</b> 0.00mg