

Build It -Shred Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58660
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Shredded Cheese	1 Ounce		R-46521

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	1.000
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 RAE	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	194.00
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 RAE	Vitamin C 0.00mg
Calcium 352.73mg	Iron 0.00mg