

Nutrition Facts

Cheese, Sharp Cheddar

Serving Size: oz (28g)

Amount Per Serving

Calories 110 Calories from Fat 81

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
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Vitamin A	6%
Vitamin C	0%
Calcium	20%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.