

Nutrition Facts	
Cheese, Mild Cheddar	
Serving Size: 1 oz (28g)	
Amount Per Serving	
Calories 110	Calories from Fat 81
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
Vitamin A	6%
Vitamin C	0%
Calcium	20%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	