

Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

Servings per container 80

Amount Per Serving

Calories 115

Calories from Fat 89

% Daily Value*

Total Fat 10g 15%

Saturated Fat 6g 29%

Trans Fat

Cholesterol 25mg 8%

Sodium 181mg 8%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 7g

Vitamin A 7% • Vitamin C 0%

Calcium 16% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9

• Carbohydrate 4

• Protein 4

*Shredded
Cheddar*

Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

Servings per container 80 *Shredded Mozzarella*

Amount Per Serving

Calories 84

Calories from Fat 55

% Daily Value*

Total Fat 6g 10%

Saturated Fat 4g 18%

Trans Fat

Cholesterol 22mg 7%

Sodium 176mg 7%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 14% • Iron 1%

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your calorie needs.

Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

Servings per container 48

108
American
2.25 slices

Amount Per Serving

Calories 105

Calories from Fat 77

% Daily Value*

Total Fat 9g 13%

Saturated Fat 6g 28%

Trans Fat

Cholesterol 26mg 9%

Sodium 182mg 8%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 6g

Vitamin A 5% • **Vitamin C** 0%

Calcium 17% • **Iron** 1%

*Percent Daily Values are based on a 2,000 calorie diet.
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your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9

• Carbohydrate 4

• Protein 4