

# Nutritional Information for CHEESE CHED MILD SHRD FINE 4-5# GFS

Product Number:	191043
Description:	AP Cheese, Cheddar, Mild, Shrd, Fine, GF

Nutritional Information		
Serving Size .25 cup (28 g)		
Amount Per Serving		
Calories 112		Calories from Fat 79
		% Daily Value
Total Fat	9 g	14%
Saturated Fat	5 g	25%
Trans Fat	0 g	
PolyUnSat	0 g	n/a
MonoUnSat	3 g	n/a
Cholesterol	26 mg	9%
Sodium	171 mg	7%
Potassium	26 mg	1%
Total Carbs	2 g	1%
Dietary Fiber	0 g	1%
Sugars	0 g	n/a
Protein	7 g	13%
Vitamin A -	7%	Vitamin C - 0%
Calcium -	19%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Sample Ingredients		Percent Daily Value	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	326 IU
		Vitamin A	n/a

Vitamin		Minerals	
Thiamin B1	0 mg	Phosphorus	131 mg
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	0 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	190 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

**Ingredients:** Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto Color), Potato Starch, Corn Starch and Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).

**COMMON ALLERGENS PRESENT: MILK.** Nutrition and Ingredient statement updated June 2012. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.