

# Nutritional Information for CHEESE AMER PROC 160SLC/PKG 6-5# COMM

<b>Product Number:</b>	<b>150260</b>
<b>Description:</b>	<b>AP Yellow American Sliced Cheese</b>

Nutritional Information			
Serving Size 7 Slc (100 g)			
<b>Amount Per Serving</b>			
<b>Calories 368</b>		<b>Calories from Fat 279</b>	
% Daily Value			
<b>Total Fat</b>	<b>31 g</b>	<b>48%</b>	
Saturated Fat	19 g	95%	
Trans Fat	1 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>93 mg</b>	<b>31%</b>	
<b>Sodium</b>	<b>1514 mg</b>	<b>63%</b>	
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>	
<b>Total Carbs</b>	<b>4 g</b>	<b>1%</b>	
Dietary Fiber	0 g	0%	
Sugars	3 g	n/a	
<b>Protein</b>	<b>19 g</b>	<b>38%</b>	
Vitamin A -	20%	Vitamin C -	0%
Calcium -	57%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>2 slices</b>		Vitamin D	n/a
Meat/Meat Alternative	1.00 oz	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	1012 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	567 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a