

Land O'Lakes Reduced Fat Mild Cheddar Cheese Sticks, #44881



Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color), *Vitamin A Palmitate.
*Not found in regular cheddar cheese

Contains: Milk

Newington Foods and Nutrition Services
Updated August 2013

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****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

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Nutrition Facts	
Serving Size: 1 OUNCE (28g)	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 4.5 g	23 %
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 200 mg	8 %
Total Carbohydrate <1 g	0 %
Dietary Fiber 0 g	
Sugars 0 g	
Protein 7 g	
Vitamin A	6 %
Vitamin C	0 %
Calcium	20%
Iron	0%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.	
The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
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