

## Parmesan

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 oz</b>
<hr/>	
<b>Calories</b>	<b>100</b>
<hr/>	
<b>Total Fat</b>	<b>7g</b>
<b>Sodium</b>	<b>180mg</b>
<b>Total Carbohydrates</b>	<b>1g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>9g</b>
<hr/>	
Vitamin A 4%	Vitamin C 0%
Vitamin E 0%	Calcium 30%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Cheddar

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 oz</b>
<hr/>	
<b>Calories</b>	<b>110</b>
<hr/>	
<b>Total Fat</b>	<b>9g</b>
<b>Sodium</b>	<b>180mg</b>
<b>Total Carbohydrates</b>	<b>1g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>7g</b>
<hr/>	
Vitamin A 6%	Vitamin C 0%
Vitamin E 0%	Calcium 20%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Mozzarella

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 oz</b>
<hr/>	
<b>Calories</b>	<b>80</b>
<hr/>	
<b>Total Fat</b>	<b>6g</b>
<b>Sodium</b>	<b>170mg</b>
<b>Total Carbohydrates</b>	<b>1g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>8g</b>
<hr/>	
Vitamin A 4%	Vitamin C 0%
Vitamin E 0%	Calcium 20%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Swiss

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 oz</b>
<hr/>	
<b>Calories</b>	<b>100</b>
<hr/>	
<b>Total Fat</b>	<b>8g</b>
<b>Sodium</b>	<b>60mg</b>
<b>Total Carbohydrates</b>	<b>1g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>8g</b>
<hr/>	
Vitamin A 6%	Vitamin C 0%
Vitamin E 0%	Calcium 25%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	