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Monterey Jack Cheese - Nutritional Information per Serving

Serving size:	1 oz.
Calories:	100
Protein (grams):	6
Carbohydrates (grams):	1
Fat (grams):	8
Sodium:	180 mg.

## Percentage of U.S. recommended daily allowances (U.S. RDA)

Protein:	15
Vitamin A:	4
Vitamin C:	*
Thiamine:	*
Riboflavin:	6
Niacin:	*
Calcium:	20
Iron:	*

\*Contains less than 2% of the U.S. RDA of these nutrients