

# Cheese

## *Nutrition Facts*

### Colby Jack Cheese

#### Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	180 mg	6 g

**Calories** 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (32% DV),  
*Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 3g, **Cholest** 25mg (9%  
DV), **Sodium** 180mg (7% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),  
Sugars 0g, **Protein** 6g (13% DV), Vitamin A (10% DV), Vitamin C (0%  
DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are  
based on a 2,000 calorie diet.