














Nutrition Information for 1 Ounce of Cheese

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Calcium (% DV)
 Mascarpone	120	12	7	40	10	2	4
 Stilton Blue	115	9	6	30	220	7	8
 Cheddar	110	10	6	30	180	7	20
 American	100	9	5	25	400	5	20
 Muenster	100	8	5	25	190	6	20
 Parmesan	111	7.3	4.7	19.3	454	10	34
 Mozzarella	90	7	4.5	20	150	6	15
 Provolone	100	7	4.5	20	140	7	20
 Goat	70	5	4	20	125	5	4
 Brie	100	9	4	20	120	4	10
 Swiss	90	6	4	15	35	9	25
 Feta	70	5	3.5	20	260	5	10
 String	80	5	3	15	170	8	20