

Cheddar Cheese

1 SERVING 2 MINUTES



INGREDIENTS

2 ozs Cheddar Cheese

NUTRITION

AMOUNT PER SERVING

Calories	229	Iron	0mg
Fat	19g	Vitamin D	14IU
Carbs	2g	Folate	15µg
Fiber	0g	Magnesium	15mg
Protein	13g	Zinc	2mg
Vitamin C	0mg		

DIRECTIONS

- 01 Explore small amounts of hard cheese cut from blocks or grated at home. Do not use pre-grated cheese.

NOTES

RECIPE ID 328

CHEESE TYPES

Only use hard cheese that has aged for at least 6 months. It's good if it is hard and requires a knife to cut. It's bad if it soft and chewy. Aged cheeses contain very little (or no) lactose.