

Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 07/31/2019

Bulk Cheese	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tillamook Cheddar Cheese	1 oz	110	80	9	6	0	25	170	0	0	0	7
American White Cheese	1 oz	90	70	8	5	0	25	360	1	0	0	5
American Yellow Cheese	1 oz	90	70	8	5	0	25	360	1	0	0	5
Alpine Lace Cheese	1 oz	90	50	6	3.5	0	20	114	1	0	1	8
Nob Hill Trading Co. Horseradish Cheese	1 oz	110	80	9	5	0	15	270	1	0	0	6
Nob Hill Trading Co. Pepper Jack Cheese	1 oz	110	70	8	5	0	30	170	1	0	0	9
Nob Hill Trading Co. Swiss Cheese	1 oz	110	70	8	5	0	30	60	1	0	0	9
Nob Hill Trading Co. Mild Cheddar Cheese	1 oz	110	80	9	5	0	30	180	1	0	0	7
Nob Hill Trading Co. Monterey Jack Cheese	1 oz	110	70	8	5	0	30	170	1	0	0	9
Nob Hill Trading Co. Vermont Sharp Cheddar Cheese	1 oz	110	80	9	6	0	30	180	0	0	0	7
Jarlsberg Cheese	1 oz	100	70	8	5	0	20	180	0	0	0	7
Nob Hill Trading Co. Muenster Cheese	1 oz	100	80	9	6	0	25	180	1	0	0	7
Nob Hill Trading Co. Provolone Cheese	1 oz	100	70	8	4.5	0	20	200	0	0	0	7
Nob Hill Trading Co. Holland Smoked Gouda Cheese	1" cube	100	70	8	6	0	17	210	0	0	0	6
Nob Hill Trading Co. Danish Havarti Cheese	1 oz	120	90	10	7	0	25	150	0	0	0	5