

NUTRITION FACTS

CREAM CHEESE

Serving Size: 1 oz. (28g)

Amount Per Servings

Calories 99 **Calories from Fat** 87

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 6g	31%
Trans Fat 0g	0%
Cholesterol 31mg	10%
Sodium 84mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Protein 2g	

Vitamin A 8% Vitamin C 0%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	<u>Calories</u>	<u>2,000</u>	<u>2,500</u>
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g

Ingredients: Milk, pasteurized cream.