

NUTRITION FACTS

Smithfield Cream Cheese

3 lb. Plain

Serving Size 2 Tbsp. (28g)

Servings Per Container About 48

Amount Per Servings

Calories 100 **Calories from Fat** 90

	% Daily Value*
Total Fat 9g	15%
Saturated Fat 6g	32%
Trans Fat 0g	0%
Cholesterol 25mg	8%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 2g	

Vitamin A 6% Vitamin C 0%

Calcium 2% Iron 0%

*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

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Pasteurized cultured milk and cream, salt,