



NUTRITIONAL PANEL - 28g

LOW MOISTURE MOZZARELLA CHEESE

<b>Nutrition Facts</b>	
Serving size 1 OZ (28g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	8%
Total Carbohydrate less than 1 gram	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A	6%
Vitamin C	0%
Calcium	15%
Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	less than 65 g 80 g
SatFat	less than 20 g 25 g
Cholesterol	less than 300 mg 300 mg
Sodium	less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

LOW MOISTURE MOZZARELLA CHEESE  
Customer Information - Nutrition Facts

*Saputo*

NUTRIENT	per 100 g	per 50 g	per 28g
Water (g)	47.000	23.500	13.160
Ash (g)	2.727	1.364	0.764
<i>Calories</i>	<i>325.640</i>	<i>162.820</i>	<i>91.179</i>
<i>Calories from Fat</i>	<i>224.190</i>	<i>112.095</i>	<i>62.773</i>
<i>Total Fat (g)</i>	<i>24.910</i>	<i>12.455</i>	<i>6.975</i>
<i>Saturated Fat (g)</i>	<i>16.069</i>	<i>8.035</i>	<i>4.499</i>
Calories from Saturated Fat	144.625	72.312	40.495
Polyunsat fat (g)	0.770	0.385	0.216
Monounsat fat (g)	8.260	4.130	2.313
<i>Trans Fat (g)</i>	<i>0.887</i>	<i>0.443</i>	<i>0.248</i>
<i>Cholesterol (mg)</i>	<i>79.154</i>	<i>39.577</i>	<i>22.163</i>
<i>Sodium (mg)</i>	<i>708.102</i>	<i>354.051</i>	<i>198.269</i>
Potassium (mg)	84.685	42.342	23.712
<i>Total Carbohydrate (g)</i>	<i>3.347</i>	<i>1.673</i>	<i>0.937</i>
<i>Dietary Fiber (g)</i>	<i>0.000</i>	<i>0.000</i>	<i>0.000</i>
<i>Sugars (g)</i>	<i>1.370</i>	<i>0.685</i>	<i>0.384</i>
<i>Protein (g)</i>	<i>22.016</i>	<i>11.008</i>	<i>6.164</i>
<i>Vitamin A (IU)</i>	<i>926.671</i>	<i>463.335</i>	<i>259.468</i>
<i>Vitamin C (mg)</i>	<i>0.000</i>	<i>0.000</i>	<i>0.000</i>
<i>Calcium (mg)</i>	<i>491.267</i>	<i>245.633</i>	<i>137.555</i>
<i>Iron (mg)</i>	<i>0.192</i>	<i>0.096</i>	<i>0.054</i>
Thiamin (mg)	0.036	0.018	0.010
Riboflavin (mg)	0.294	0.147	0.082
Niacin (mg)	0.080	0.040	0.022
Phosphorus, P (mg)	340.406	170.203	95.314