

Nutrition Facts

Serving size 1 oz. (28g)

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 9g 12%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 260mg 11%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g 14%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

GOUDA CHEESE (GRADE A PASTEURIZED WHOLE MILK (rBST FREE), ENZYMES, SALT, CULTURES)