



Penn State University  
BERKEY CREAMERY

CREAM

# Heavy Cream

INGREDIENTS: pasteurized cream.  
Contains milk

## Nutrition Facts

Serving Size (28g)  
Servings Per Container 320

Amount Per Serving

**Calories 100**    **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**    **15%**

Saturated Fat 6g    **30%**

Trans Fat 0g

**Cholesterol 40mg**    **13%**

**Sodium 10mg**    **0%**

**Total Carbohydrate 1g**    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein 1g**

Vitamin A 8%    •    Vitamin C 0%

Calcium 2%    •    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 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300 mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calores per gram:  
Fat 9 • Carbohydrate 4 • Protein 4