



Penn State University

BERKEY CREAMERY



CREAM CHEESE

Blueberry

5 lb

INGREDIENTS: cultured pasteurized milk and cream, non-fat dry milk, blue berry base [blueberries, high fructose corn syrup, sugar, modified food starch, natural flavor, citric acid, salt, sodium carboxymethylcellulose, sodium benzoate] salt, locust bean gum. Contains milk.

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 80

Amount Per Serving

Calories 50 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 10mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 2%

*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4