



Penn State University  
BERKEY CREAMERY

CHEESE

# Cheddar Cheese

**INGREDIENTS:** milk, cultures, salt, enzymes. Contains milk

## Nutrition Facts

Serving Size one ounce (28g)  
Servings Per Container about 16

Amount Per Serving

**Calories 120**    **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**                      **15%**

Saturated Fat 6g                      **30%**

Trans Fat 0g

**Cholesterol 30mg**                      **10%**

**Sodium 180mg**                          **8%**

**Total Carbohydrate 0g**                      **0%**

Dietary Fiber 0g                          **0%**

Sugars 0g

**Protein 6g**

Vitamin A 6%                      • Vitamin C 0%

Calcium 20%                      • 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

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