Penn State Univeristy
BERKEY CREAMERY

CHEESE

Farmers Cheese

INGREDIENTS: pasteurized milk, cultures, salt, annatto. Contains milk

Nutrition Facts

Serving Size (28g)
Servings Per Container varied

Amount Per Serving

Calories 110	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 180mg	**8%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	

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