Penn State University

BERKEY CREAMERY

CREAM CHEESE

Honey

5 lb

INGREDIENTS: cultured, pasteurized milk and cream, honey, non-fat dry milk, salt, locust bean gum. Contains milk.

Nutrition Facts

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

Amount Per Serving

Calories 100	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 65mg	**3%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 2g	

Vitamin A 6% • 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