



Penn State University
BERKEY CREAMERY

CHEESE

Hot Pepper Cheese

INGREDIENTS: pasteurized milk, water, skim milk, whey protein, cream, sodium phosphate, jalapeno peppers, red bell peppers, salt, sodium citrate, sorbic acid, titanium dioxide, natural flavor, red ground peppers, enzymes. Contains milk.

Nutrition Facts

Serving Size (30g)	
Servings Per Container varied	
Amount Per Serving	
Calories 120	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat --g	
Cholesterol 35mg	12%
Sodium 200mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
Vitamin A 8%	• 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	