Penn State University

BERKEY CREAMERY

CREAM CHEESE SPREADS

Jalapeño

(8 oz.)

INGREDIENTS: cheddar cheese, water, nonfat dry milk, jalapeno peppers [peppers, vinegar, salt, calcium chloride, tumeric, sodium benzoate, polysorbate 80, yellow 5], cream, salt. Contains milk

Nutrition Facts

Serving Size 1 oz. (28g)
Servings Per Container 8

Amount Per Serving	
Calories 80	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 180mg	**8%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 5g	

Vitamin A 4% • Vitamin C 0%

Calcium 15% • 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