Penn State Univeristy
BERKEY CREAMERY

CHEESE

Muenster Cheese

INGREDIENTS: pasteurized milk, cheese cultures, salt, enzymes. Contains milk

Nutrition Facts

Serving Size (30g)
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 --g	
Cholesterol 30mg	**10%**
Sodium 190mg	**8%**
Total Carbohydrate 0g	**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