



Penn State University  
BERKEY CREAMERY

## CHEESE

### Provolone 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 70**

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 5g    **25%**

Trans Fat --g

**Cholesterol 20mg**    **7%**

**Sodium 260mg**    **11%**

**Total Carbohydrate 1g**    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein 8g**

Vitamin A 6%    •    Vitamin C 0%

Calcium 25%    •    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	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4