Penn State Univeristy
BERKEY CREAMERY

CHEESE

Ricotta Cheese

INGREDIENTS: milk, vinegar, salt.
Contains milk

Nutrition Facts

Serving Size 1/2 cup (124g)
Servings Per Container 4

Amount Per Serving

Calories 220	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 10g	**50%**
Trans Fat --g	
Cholesterol 65mg	**22%**
Sodium 105mg	**4%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 14g	

Vitamin A 10% • Vitamin C 0%

Calcium 25% • 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