



Penn State University
BERKEY CREAMERY

CHEESE

Smoked Cheddar Cheese

INGREDIENTS: milk, cultures,
enzymes, annatto, charsol smoke #6,
potassium sorbate,

Nutrition Facts

Serving Size one ounce (28g)
Servings Per Container varied

Amount Per Serving

Calories 110 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 5g **25%**

 Trans Fat --g

Cholesterol 30mg **10%**

Sodium 180mg **8%**

Total Carbohydrate 1g **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	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