

Feta in Brine - Traditional Feta Cheese

Revision Date 04/01/10

Nutrition Facts

Serving size 1 oz. (28g/ about 1 inch cube)

Servings per container: varies based on package size.

Amount per Serving

Calories 60 **Calories from Fat 35**

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 370mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	

Vitamin A 4% Vitamin C 0%
Calcium 6% 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Ingredient Statement: pasteurized milk, salt, cheese culture, enzymes.

Keep refrigerated

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