

4oz Fresh Goat Cheese

Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 5g

Vitamin A 6% • Vitamin C 6%

Calcium 4% • 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
Sat. Fat	Less than	20g	25g
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g