



Monterey Jack Cheese

Ingredients: Pasteurized Milk, Cheese Culture, Salt, Enzymes

NUTRITIONAL INFORMATION

Nutrient Information	Amount Per 28 grams	%DV*
Total calories	100	
Calories from total fat	70	
Total fat (g)	8	12%
Saturated fat (g)	5	25%
Trans Fat (g)	0	
Cholesterol (mg)	25	8%
Sodium (mg)	180	8%
Total carbohydrate (g)	0	0%
Dietary fiber (g)	0	0%
Sugars (g)	0	
Protein (g)	7	
Vitamin A		4%
Vitamin C		0%
Calcium		20%
Iron		0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.