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Neufchatel Cheese

3/9/2011

Cream cheese

Nutrition Facts

Serving Size (30g) *- 1.05 oz*
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 60

% Daily Value*

Total Fat 6g 10%

Saturated Fat 4g 21%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 125mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 1g

Protein 3g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • 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 25g	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