

Mascarpone



Cow Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 120 | Calories from fat 117

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	13g	20%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	15mg	1%
Total carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	2g	

Additional Nutrients

Vitamin A	8%
Vitamin C	0%
Calcium	4%
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.

Chèvre Bûcheron



Goat Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 102 | Calories from fat 73

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	8g	13%
Saturated Fat	6g	29%
Trans Fat	0g	
Cholesterol	22mg	7%
Sodium	144mg	6%
Total carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	6g	

Additional Nutrients

Vitamin A	8%
Vitamin C	0%
Calcium	8%
Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Maytag Blue



Cow Cheese

SERVING SIZE

1 ounce (28g)

AMOUNT PER SERVING

Calories 99 | Calories from fat 71

SOURCE

NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	8g	12%
Saturated Fat	5g	26%
Trans Fat	0g	
Cholesterol	21mg	7%
Sodium	391mg	16%
Total carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	6g	

Additional Nutrients

Vitamin A	4%
Vitamin C	0%
Calcium	15%
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.

Feta



Sheep Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 74 | Calories from fat 52

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	6g	9%
Saturated Fat	4g	21%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	312mg	13%
Total carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	4g	

Additional Nutrients

Vitamin A	2%
Vitamin C	0%
Calcium	14%
Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Gruyère



Cow Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 116 | Calories from fat 80

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	9g	14%
Saturated Fat	5g	26%
Trans Fat	0g	
Cholesterol	31mg	10%
Sodium	94mg	4%
Total carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	8g	

Additional Nutrients

Vitamin A	5%
Vitamin C	0%
Calcium	28%
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.

Asiago



Cow Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 100 | Calories from fat 72

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	8g	12%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	340mg	14%
Total carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	7g	

Additional Nutrients

Vitamin A	0%
Vitamin C	0%
Calcium	0%
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.

Havarti



Cow Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 112 | Calories from fat 92

SOURCE
NutritionData.com

Nutrition Facts

% Daily Value*

Total Fat	10g	16%
Saturated Fat	7g	33%
Trans Fat	0g	
Cholesterol	33mg	11%
Sodium	177mg	7%
Total carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	6g	

Additional Nutrients

Vitamin A	9%
Vitamin C	9%
Calcium	0%
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.

Buffalo Blue



Buffalo Cheese

SERVING SIZE
1 ounce (28g)

AMOUNT PER SERVING
Calories 100 | Calories from fat 70

SOURCE
NutritionFacts.com

Nutrition Facts

% Daily Value*

Total Fat	10g	10%
Saturated Fat	5g	25%
Trans Fat	0g	0%
Cholesterol	20mg	8%
Sodium	400mg	15%
Total carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	6g	10%

Additional Nutrients

Vitamin A	4%
Vitamin C	0%
Calcium	15%
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.