Lou Bergier

Ingredients: Raw cow's milk, sea salt, vegetable rennet

Nutrition Facts

Serving Size 1.5 inch cube (30g)

Amount Per Serving:

Calories:106 **Calories from Fat:** 79

	% Daily Value*
Total fat 9g	14%
Sat. Fat 5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 600mg	25%
Total Carb. 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 8g	

Vitamin A 2% · Vitamin C 0%

Calcium 17% · Iron 0%

*Percentage Daily Value (DV) are based on a 2.000 calorie diet. Your Daily Value may be higher or lower depending on your calorie intake.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g