



La Peral
Blue Cheese

Ingredient Statement: Pasteurized Cow’s Milk, Salt, Penicillium Roqueforti, Cheese Cultures, Rennet.

Nutrition Information:

Nutrition Facts	
Varied servings per container	
Serving size 1 oz (28g/1 in. cube)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 200mg	16%
Iron 0mg	0%
Potassium 25mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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