



SPRING HILL JERSEY CHEESE

D.B.A. PETALUMA CREAMERY

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NUTRITIONAL INFORMATION

Quark Cheese

Serving Size: 50 Grams

Ingredient List: USDA Organic Pasteurized cultured Milk, Salt and Enzymes

	Per 100g	Per serving 50 g	% Daily Value
Calories	239.5	120	
Calories from Fat	165.9	80	
Total Fat (g)	18.43	9	14
Saturated Fat (g)	12.65	6	30
Trans Fat (g)	0.69	0	
Cholesterol (mg)	64.1	30	10
Sodium (mg)	305	150	6
Total Carbohydrate (g)	5.2	3	1
Dietary Fiber (g)	N/A	N/A	
Sugars (g)	2.48	1	
Protein (F=6.38) (g)	13.21	7	
Vitamin A (IU)	1099	550	10
Vitamin C (mg)	N/A	N/A	N/A
Calcium (mg)	128	64	6
Iron (mg)	0.81	0.40	2
Moisture (g)	61.70	30.85	
Ash (g)	1.49	0.74	
Beta Carotene (IU)	439	220	
Retinol (IU)	660	330	
Vit A % Beta Carotene	40	20	

* Contains less than 2% of the Daily Value of this nutrient.

N/A Not analyzed, as product is generally not considered a source of this nutrient.

SUGAR PROFILE

Fructose	<0.10 (g/100g)	Glucose	<0.10 (g/100g)
Lactose	2.48 (g/100g)	Maltose	<0.10 (g/100g)
Sucrose	<0.10 (g/100g)		

FAT PROFILE - SUMMARY

Fat by Fatty Acid Profile:	18.43 (g/100g)
Total Saturated Fatty Acids:	12.65 (g/100g)
Total Monounsaturated Fatty Acids:	3.51 (g/100g)
Total Polyunsaturated Fatty Acids:	0.52 (g/100g)
Total Trans Fatty Acids:	0.69 (g/100g)
Total Conjugated Fatty Acids:	0.11 (g/100g)