

# American Heritage Cream Cheese

**Serving Size:** 2 tbsp (30g)

**Servings Per Container:** About 7 (serving varied)

**Ingredients:** Pasteurized milk and cream, cheese culture, salt, guar gum, citric acid, potassium sorbate (preservative), carob bean gum, xanthan gum. Contains milk.

<b>Amount Per Serving</b>			
Calories 80		Calories from Fat 60	
			<b>% Daily Value</b>
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 4.5g			23%
Trans Fat 0g			
<b>Cholesterol 25mg</b>			<b>8%</b>
<b>Sodium 120mg</b>			<b>5%</b>
<b>Total Carbohydrate 2g</b>			<b>1%</b>
Dietary Fiber 0g			0%
Sugars 2g			
<b>Protein 2g</b>			
<b>Vitamin A 6%</b>			<b>Vitamin C 0%</b>
<b>Calcium 4%</b>			<b>Iron 0%</b>
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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