

GreenFed™ Havarti Reserve Cheese

Ingredients:

Cultured raw whole milk (aged at least 60 days), sea salt, probiotic cultures, *Bacillus coagulans* GBI-30 6086, enzymes.

Keep refrigerated.

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 16

Calories 100
Calories from Fat 66

Amount Per Serving	% Daily Value ¹
Total Fat 7 g	11%
Saturated Fat 5 g	25%
<i>Trans</i> Fat 0 g	
Cholesterol 27 g	10%
Sodium 212 mg	9%

Amount Per Serving	% Daily Value ¹
Total Carbs <1 g	1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A 7%	Vitamin C 0%
Calcium 20%	Iron 4%

¹Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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