

#117- Colby Jack Cheese & Cajun Sausage

Colby Jack Cheese

Nutrition Facts	
Serving Size 1 oz. (28g)	
Servings about: varied	
Amount Per Serving	
Calories 100	
Calories from Fat 70	
	% Daily Value *
9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Protein 7g	
Vitamin A 6%	
Calcium 45%	
* The Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Pasteurized Part-skim Milk, Salt, Microbial Coagulant, Cheese Cultures, Annatto (for color).

Cajun Sausage

Nutrition Facts

6 servings per container

Serving size 2 oz (56g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 500mg 22%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 9g 18%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

INGREDIENTS: Beef, Salt, Raw Cane Sugar, Spices, Citric Acid, Garlic, Onion, Sodium Nitrite.

