

## Benefits

The texture is hard and studded with crystals. Shaved into thin slices it simply melts in the mouth, where splintered in chunks it has a wonderful chewiness. This cheese is a crowd-pleaser all the way. Serve with fruity red wines or dessert beverages or even chocolate for the perfect end to a meal.

| Ingredients | A Allergens |
| :---: | :---: |
| Milk, Cheese cultures, salt, enzyme | Contains: <br> (B) mik <br> Free From: <br> (2) crustaceans <br> (ㅁ) egs <br> (3) ish <br> (3) peanuts <br> (2) $50 y$ <br> (45) tree nuts <br> wheat |

## Nutrition Facts

| Servings per Container | $\mathbf{1 9 2}$ |
| :--- | ---: |
| Serving size | $\mathbf{1 0 z}$ |
| Amount per serving |  |
| Calories | $\mathbf{1 2 0}$ |
|  | \% Daily Value |
| Total Fat 10g | $\mathbf{1 2 \%}$ |
| Saturated Fat 6 g | $\mathbf{3 0 \%}$ |
| Trans Fat | $\mathbf{1 0 \%}$ |
| Cholesterol 30mg | $\mathbf{4 \%}$ |
| Sodium 100mg | $\mathbf{0 \% \%}$ |
| Total Carbohydrate 0g | $\mathbf{0 \%}$ |
| Dietary Fiber 0g | $\mathbf{0 \%}$ |
| Total Sugars 0g | $\mathbf{0 \%}$ |
| Includes 0g Added Sugar | $\mathbf{2 1 \%}$ |
| Protein 7g | $\mathbf{0 \%}$ |
| Vitamin D 0mcg | $\mathbf{1 \%}$ |
| Calcium 278mg |  |
| Iron Omg |  |
| Potassium 34mg |  |

[^0]

A truly iconic cheese, Comte is a French mountain cheese with a history of over 1000 years of devoted production. This Comte (pronounced "Con-tay") is aged for more than 1 year, resulting in a masterpiece with a full spectrum of delicious flavors.

Nutrition Analysis - By Measure

|  |  |  |  |  |  |  | Calories | 120 | Total Fat | 10 g | Sodium | 100 mg |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Protein | 7 | Trans Fats |  | Calcium | 278 mg |  |  |  |  |  |  |  |
| Total Carbohydrates... | 0 g | Saturated Fat | 6 g | Iron | 0 mg |  |  |  |  |  |  |  |
| Sugars | 0 g | Added Sugars | 0 g | Potassium | 34 mg |  |  |  |  |  |  |  |
| Dietary Fiber | 0 g | Polyunsaturated Fat |  | Zinc |  |  |  |  |  |  |  |  |
| Lactose |  | Monounsaturated Fat |  | Phosphorus |  |  |  |  |  |  |  |  |
| Sucrose |  | Cholesterol | 30 mg |  |  |  |  |  |  |  |  |  |
| Vitamin A(IU). |  | Vitamin D | 0 mcg | Thiamin |  |  |  |  |  |  |  |  |
| Vitamin A(RE) |  | Vitamin E |  | Niacin |  |  |  |  |  |  |  |  |
| Vitamin C |  | Folate |  | Riboflavin |  |  |  |  |  |  |  |  |
| Magnesium |  | Vitamin B-6 |  | Vitamin B-1 2. |  |  |  |  |  |  |  |  |
| Monosodium |  | Sulphites |  | Nitrates |  |  |  |  |  |  |  |  |

Additional Images



[^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.

