



Cabot

71922 - Sharp Cheddar Bar Light50

Enjoy all the bold cheddar flavor you crave but skip the extra calories and fat with Cabot Sharp Lite Cheddar Cheese, ideal for guilt-free snacking and healthy recipes. Just 70 calories and 4.5 grams of fat per 1-ounce serving. Award-winning taste. 50% less fat than sharp cheddar cheese.



Nutrition Facts

Servings per Container 32
Serving size 1.00Z (1oz)

Amount per serving
Calories 70

% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat	
Cholesterol 15mg	5%
Sodium 220mg	10%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 262mg	20%
Iron 0mg	0%
Potassium 30mg	1%

* 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.

* Benefits

Open up our farmers Lite50 Sharp Cheddar Cheese and discover that classic cheddar bite you love, minus any extra fat or calories. Full of bold, sharp flavor and nutty, tangy notes, try this cheddar in all your favorite recipes. Nestle it between some whole grain bread for a healthy, delicious lunch, or slice it up with some green grapes and roasted almonds for a nutritious work-time snack. Who knew cutting calories could taste so good?

Ingredients

Pasteurized lowfat milk, cheese cultures, salt, enzymes, Vitamin A palmitate.

⚠ Allergens

Contains:

milk

Free From:

crustaceans eggs fish peanuts
soy tree nuts wheat

Handling Suggestions

35-45F

Serving Suggestions

Melt it between some whole wheat bread for a super gooey grilled cheese, shred it over corn chips for nachos on the lighter side, or simply cube it up and enjoy with some fresh fruit and nuts for a healthy snack.

Prep & Cooking Suggestions

Ready To Eat

📄 Product Specifications

Brand	Manufacturer	Product Category
Cabot	Cabot Creamery	Cheese

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
078354719220	1922	71922	10078354719227		12/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.38lb	6lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.68in	6.87in	2.69in	0.16ft3	17x18	100days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	4g	Sodium	220mg
Protein	8	Trans Fats		Calcium	262mg
Total Carbohydrates...	1g	Saturated Fat	2.5g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	30mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

